

A COMPLIMENTARY NOTEBOOK FOR YOUR KITCHEN

A Little Taste of Melaine Rodriguez's Kitchen

5 simple recipes to try at home



Two warm teas. A fresh juice.
A fruit bowl. A breakfast smoothie.

FREE PDF | ENGLISH EDITION

COME ON IN

A small taste. A lovely place to begin.

Try five recipes from our complete 200-recipe notebook, with ingredients, simple steps and care notes.

From my Andalusian family roots to my Texas kitchen, I share simple ingredients and recipes with care.

YOUR FIVE RECIPES

1. Fresh Mint Tea
2. Apple Peel and Cinnamon Tea
3. Pineapple and Mint Juice
4. Papaya with Oats
5. Banana and Oat Smoothie

A little care before you begin

Check ingredients for allergies and read each care note. If you take medicines, are pregnant or breastfeeding, or have a health condition, ask your clinician before trying herbal preparations. This is a recipe sampler, not medical advice or a substitute for treatment.

FREE RECIPE 1 OF 5 / NOTEBOOK RECIPE 2

Fresh Mint Tea

Notebook category: Bloating And Gas

WHAT IT IS FOR

Traditional digestive comfort. Peppermint leaf has a history of use for indigestion and gas, but evidence for tea is limited. This recipe says mint without identifying a species, so the same effect cannot be assumed. [1]

INGREDIENTS

- 8 fresh mint leaves
- 1 cup water

HOW TO MAKE IT

1. Bring the water to a boil, then turn off the heat.
2. Crush the leaves by hand, add them and cover.
3. Let steep, covered, for 5 minutes, then strain.

A LITTLE CARE

If you have reflux or gallstones, talk to your doctor first.

From the complete 200-recipe notebook.

Quantities and methods follow the book; purpose notes distinguish tradition from evidence.

FREE RECIPE 2 OF 5 / NOTEBOOK RECIPE 11

Apple Peel and Cinnamon Tea

Notebook category: Bloating And Gas

WHAT IT IS FOR

A warm drink after a meal. The full notebook groups it under bloating and gas; that category is not proof that this apple-and-cinnamon tea relieves those symptoms.

INGREDIENTS

- peel of 1 apple
- 1 cinnamon stick
- 1 1/2 cups water

HOW TO MAKE IT

1. Place the water, apple peel and cinnamon in a small saucepan.
2. Simmer over low heat for 5 minutes.
3. Turn off the heat, strain and drink warm.

A LITTLE CARE

If you take a blood thinner or diabetes medication, or are pregnant or breastfeeding, talk to your doctor first.

From the complete 200-recipe notebook.

Quantities and methods follow the book; purpose notes distinguish tradition from evidence.

FREE RECIPE 3 OF 5 / NOTEBOOK RECIPE 16

Pineapple and Mint Juice

Notebook category: Bloating And Gas

WHAT IT IS FOR

A refreshing drink that contributes fluid. The notebook groups it under bloating and gas, but this particular juice is not an established treatment for gas or abdominal pain.

INGREDIENTS

- 2 slices of pineapple
- 5 mint leaves
- 1 glass (250 ml) chilled water

HOW TO MAKE IT

1. Wash the ingredients well and chop them.
2. Blend everything in a blender for 1 minute.
3. Strain and drink right away.

A LITTLE CARE

If you have gastritis, an ulcer or reflux, talk to your doctor first.

From the complete 200-recipe notebook.

Quantities and methods follow the book; purpose notes distinguish tradition from evidence.

FREE RECIPE 4 OF 5 / NOTEBOOK RECIPE 24

Papaya with Oats

Notebook category: Constipation

WHAT IT IS FOR

Dietary support for bowel regularity. Fruit and oats add fibre; adequate fibre and fluids can help with constipation. This small serving is part of a balanced diet, not an instant laxative. [2]

INGREDIENTS

- 1 slice of papaya
- 1 tablespoon rolled oats

HOW TO MAKE IT

1. Chop the papaya into a bowl.
2. Sprinkle the oats on top.
3. Eat slowly.

A LITTLE CARE

Check the oats for suitability if you have celiac disease. If you have severe abdominal pain or prolonged constipation, seek medical advice rather than relying on this recipe.

From the complete 200-recipe notebook.

Quantities and methods follow the book; purpose notes distinguish tradition from evidence.

FREE RECIPE 5 OF 5 / NOTEBOOK RECIPE 164

Banana and Oat Smoothie

Notebook category: Energy And Vitality

WHAT IT IS FOR

Food energy at breakfast. Banana and oats supply carbohydrates for energy. This smoothie is a food option, not a treatment for persistent fatigue.

INGREDIENTS

- 1 banana
- 2 tablespoons oats
- 1 glass milk (or water)

HOW TO MAKE IT

1. Place everything in a blender.
2. Blend for 1 minute.
3. Drink right away.

A LITTLE CARE

If you have celiac disease or lactose intolerance, talk to your doctor first.

From the complete 200-recipe notebook.

Quantities and methods follow the book; purpose notes distinguish tradition from evidence.

THERE IS MORE IN THE NOTEBOOK

Enjoyed your first five recipes?

Keep a little more farmhouse warmth close at hand.

The complete notebook brings together 200 traditional recipes in 12 chapters, with ingredients, preparation steps, clickable contents and an integrated Safety Map.

Choose your little collection

THE RECIPE BOOK

200 recipes + the integrated Safety Map.
1 digital PDF, 234 pages.

THE COMPLETE BUNDLE

The recipe book, SOS Quick Relief, the 21-Day Challenge and Weekly Market Lists.
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Questions? melainerodriguezcare@gmail.com

ABOUT THE PURPOSE NOTES

A useful guide. Clear expectations.

The category beside each recipe comes from the full notebook. It shows where the recipe is filed, not a diagnosis or a guarantee of relief.

The purpose notes explain whether the recipe is a food, a drink or a traditional preparation. Do not use them to diagnose the cause of pain or delay medical care.

SOURCES FOR THE PURPOSE NOTES

[1] NCCIH: Peppermint Oil. Discusses the limited evidence for peppermint leaf. Evidence for concentrated oil is not interchangeable with homemade tea.

[Read the NCCIH information](#)

[2] NIDDK: Eating, Diet & Nutrition for Constipation. Explains the role of fibre and fluids in bowel regularity.

[Read the NIDDK information](#)

Seek medical advice for severe or persistent abdominal pain, blood in the stool, vomiting or ongoing unexplained symptoms.