

June Recipes for Cooling and Clarity

As summer arrives in full bloom, our bodies naturally crave foods that are lighter, hydrating, and supportive of detox. For those living with Multiple Chemical Sensitivity (MCS), the season also brings an increased need for clean, cooling meals free from artificial flavors, fragrances, and chemical preservatives.

This month, we're sharing two recipes that bring relief from the heat *and* the hidden stressors often found in prepackaged foods. Using fresh, organic ingredients, these dishes are perfect for warm days when you want something quick, nourishing, and gentle on the system.



Chickpea Lettuce Wraps with Creamy Tahini Dressing (Citrus-Free) *Serves 2–3*

These refreshing lettuce wraps are light but satisfying—perfect for lunch, dinner, or even a picnic. The creamy dressing skips lemon juice (a common MCS irritant) in favor of a mellow apple cider vinegar or umeboshi plum paste for those who can tolerate it.

Ingredients


- 1½ cups cooked chickpeas (or BPA-free canned, rinsed well)
- 1 small organic cucumber, diced
- 1 small organic carrot, shredded
- 2 tablespoons fresh parsley or cilantro (optional)
- 4–6 large organic lettuce leaves (Romaine, Bibb, or butter lettuce work well)

For the dressing:

- 2 tablespoons tahini (sesame seed paste)
- 1 tablespoon filtered water (adjust for consistency)
- 1 teaspoon apple cider vinegar *or* ¼ teaspoon umeboshi plum paste
- 1 teaspoon maple syrup
- ¼ teaspoon sea salt
- Optional: pinch of ground cumin or coriander

Instructions

1. In a bowl, mash half the chickpeas slightly with a fork. Add the rest whole for texture.
2. Mix in cucumber, carrot, and fresh herbs.
3. In a small bowl, whisk together the tahini, vinegar or umeboshi, maple syrup, salt, and water. Adjust seasoning to taste.
4. Pour the dressing over the chickpea mix and stir well to coat.
5. Scoop into washed lettuce leaves and serve fresh.

 **MCS Tip:** Umeboshi plum paste is a fermented Japanese condiment that adds a tangy flavor without the need for citrus. Always check labels for additives or flavor enhancers.



Strawberry Basil Smoothie (No Citrus, No Additives) Serves 1–2


This gently sweet, cooling smoothie uses just a few ingredients and is free of citrus, yogurt, and store-bought flavorings. Fresh basil adds a subtle herbal note that supports digestion and creates a sense of calm—ideal for soothing the nervous system.

Ingredients

- 1 cup fresh or frozen organic strawberries (no added sugars or preservatives)
- ½ cup unsweetened coconut water or additive-free almond milk
- 3–4 fresh basil leaves
- ½ frozen banana (optional, for creaminess)
- A few ice cubes
- Optional: pinch of Himalayan salt or chia seeds for added minerals

Instructions

1. Combine all ingredients in a blender and blend until smooth.
2. Taste and adjust: add more basil for herbal strength, or more coconut water if too thick.
3. Serve immediately, garnished with a basil leaf or a fresh strawberry slice.

 **Why it works for MCS:** Basil is antimicrobial and calming, strawberries are rich in vitamin C, and there are no synthetic sweeteners or dairy triggers.

Final Thoughts

These simple, nutrient-rich recipes celebrate summer without the complications of additives or processed ingredients. Let food be your daily reset—one clean bite (or sip) at a time.