



NOURISH YOUR GUT

COOKBOOK

40 Delicious Plant-Based Recipes
for a Healthy Digestive System





Hi There, We're

Laura & Jason

We've partnered our wholistic lifestyle and functional medicine approach to help people over the age of 40 THRIVE in the second half of their life. We'll help you bridge the gap between cutting-edge science and the practical, actionable steps you can take to...

- Reignite your natural vitality & energy
- Resolve persistent digestive issues
- Boost your brainpower
- Achieve hormonal harmony
- Embrace a new chapter of health and happiness

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Introduction



Welcome to a culinary journey that promises not just delightful flavors, but also a path to better health through mindful eating. In this collection of gut-friendly recipes, we invite you to explore the powerful connection between what you eat and how you feel.

Our gut is often called our "second brain," and for good reason. The health of our digestive system impacts everything from our mood and energy levels to our immune function and overall well-being. By focusing on foods that support and nourish our gut, we can take a proactive approach to our health, addressing issues at their root and fostering a sense of vitality that radiates through every aspect of our lives.

In this cookbook, you'll discover a variety of recipes designed with your gut health in mind. From soothing broths and vibrant salads to nourishing mains and satisfying snacks, each recipe has been carefully crafted to incorporate ingredients known for their gut-healing properties.

You'll find an abundance of:

- Fermented foods rich in probiotics
- Fiber-packed vegetables and whole grains
- Anti-inflammatory herbs and spices
- Nutrient-dense superfoods

But this cookbook is more than just a collection of recipes. It's an invitation to a new way of thinking about food – one that recognizes the profound impact our dietary choices have on our overall health. As you explore these recipes, you'll also gain insights into the principles of gut-friendly eating and learn how to make choices that support your digestive wellness in your day-to-day life.

Whether you're dealing with specific digestive issues, looking to boost your overall health, or simply curious about incorporating more gut-friendly foods into your diet, this cookbook is your guide to a happier, healthier you – starting from the inside out. So tie on your apron, fire up your stove, and prepare for a delicious adventure in gut-friendly cooking. Your taste buds – and your gut – will thank you!



BEVERAGES

BEVERAGES



Turmeric & Ginger Detox Tea

This detox tea is an excellent way to start your day with a warming and gut-soothing beverage. Turmeric and ginger both have anti-inflammatory properties that help reduce gut inflammation, while lemon supports liver detoxification.

Ingredients

- 6 cups water
- 1 chunk fresh ginger, peeled (approximately 5-6" in length)
- 3 cinnamon sticks (or 1-2 tsp ground cinnamon)
- 1 tsp ground turmeric
- 1/2 tsp cayenne pepper (optional)
- 6 fresh lemons (and the juice of 1/2 fresh lemon when ready to serve)

Instructions

1. Peel the fresh ginger root and dice into thin slices.
2. Combine the fresh ginger slices and water in a large pot or saucepan over high heat on the stove.
3. Bring to a boil. Then, turn to low heat and let simmer for approximately 10 minutes.
4. After 10 minutes, add the cinnamon sticks (or ground cinnamon), turmeric, and cayenne and simmer on low heat for another 10 minutes, stirring occasionally.
5. Remove from heat, let cool, and strain.

**This makes about 4-5 cups (some water will steam off while boiling) of a concentrated version of the detox tea, which you can store in a glass container in the fridge. You can drink this concentrate warm or cold. When ready to enjoy, add 1/2 fresh lemon juice to the concentrated mix.*

Recipe courtesy of Nourish Move Love



Chamomile & Peppermint Digestive Tea

Chamomile is well-known for its gentle, anti-inflammatory properties that help relax the digestive tract, while peppermint aids in reducing bloating and gas.

Fennel seeds add a mild sweetness and support digestion by relieving indigestion and discomfort, and ginger adds warmth and helps stimulate digestion. This tea is the perfect way to unwind after a meal and support your gut health naturally.



Ingredients

- 1 tsp dried chamomile flowers
- 1 tsp dried peppermint leaves
- 1 tsp fennel seeds, lightly crushed
- 1/2 tsp dried cut ginger pieces (not ground)
- 8 ounces boiling water
- Honey to taste (optional)

Instructions

1. Combine the chamomile, fennel, ginger, and peppermint in a tea pot or mug.
2. Pour boiling water over. Cover and steep for 10 minutes.
3. Strain tea, then sweeten with honey, if desired.

Recipe courtesy of The Kitchn



Almond Milk

Almond milk supports gut health with its fiber content, promoting healthy digestion and regularity. Almonds also contain prebiotics, which helps nourish the good bacteria in your gut, creating a balanced microbiome. It's also lactose-free, making it a gentle option for those with sensitive stomachs, reducing bloating and discomfort.

Ingredients

- 1 cup raw almonds, soaked for 8 hours
- 4 cups water liquid stevia or vanilla extract to taste (optional)

Equipment

- Nut milk bag

Instructions

1. Remove the almonds from the soaking water and place them in a blender.
2. Throw away the soaking water.
3. Add 4 cups of fresh water.
4. Blend for 1 to 2 minutes until the almonds are ground down.
5. Slowly pour your almond milk into a nut milk bag over a large bowl. As the bag fills up, squeeze the bag so that the milk flows through the bag and into the bowl. The almond pulp should be left inside the bag.
6. Sweeten your milk with stevia if desired.
7. Pour the milk into a container and store it in the coldest part of the refrigerator. It should last 2 to 3 days before spoiling.

Recipe courtesy of Laura Frontiero

Cardamom Chai Coconut Latte

This warming latte combines the digestive benefits of cardamom and ginger with the richness of coconut milk. Cardamom helps improve digestion and reduce bloating, while ginger soothes the digestive tract. Coconut milk provides healthy fats that are easy on the stomach, making this a comforting and gut-friendly drink.



Chai Spice Ingredients

- 3 Tbsp ground cinnamon
- 1 Tbsp ground cardamom
- 1 Tbsp ground ginger
- 1/2 Tbsp ground allspice
- 1/2 Tbsp ground cloves
- 1/2 Tbsp ground allspice

Latte Ingredients

- 1 cup coconut milk
- 1 Tbsp chai spice mix
- 1 Tbsp maple syrup
- 1 Tbsp salt

Instructions

1. For the chai spice mix, in a small bowl, combine all ingredients.
2. For the latte, in a saucepan over medium heat, warm coconut milk until it begins to bubble.
3. Add chai spice mix and stir gently.
4. Add maple syrup, and salt and mix until blended well. Serve warm.



Recipe courtesy of Veg News

Love Your Liver Juice

This juice is designed to support liver function, which is vital for overall digestion and detoxification. Asparagus, cucumber, and celery are hydrating and full of nutrients that aid in liver cleansing.



Ingredients

- 5 spears raw asparagus
- 3 cucumbers
- 4 celery stalks
- Juice of 1 lemon

Instructions

Juice all ingredients together and enjoy immediately for a refreshing and liver-loving drink.

Recipe courtesy of Laura Frontiero





SMOOTHIES

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Energy Smoothie

This smoothie is packed with antioxidants and fiber, making it great for digestion and energy. Combining kale, blueberries, chia seeds, and cacao packs in nutrients that promote gut health and overall vitality.

Ingredients

- 1 1/2 cups dairy-free milk
- 1 cup kale (stalks removed)
- 1 cup frozen blueberries
- 2 Tbsp chia seeds
- 1 Tbsp raw cacao

Instructions

Blend all ingredients together until smooth, and enjoy a nutrient-packed start to your day.



Recipe courtesy of Laura Frontiero

Belly Love Smoothie

This smoothie is a powerhouse for gut health. It combines fiber-rich ingredients with healthy fats and anti-inflammatory compounds.

Each component supports your digestive system and promotes a balanced gut microbiome.



Ingredients

- 1 1/2 cups dairy-free milk or coconut water
- 1/2 cup spinach
- 1/2 cup strawberries
- Stevia, monk fruit, 2 dates, or raw honey to sweeten (optional)
- 1/2 avocado
- Dash of cinnamon
- 1 Tbsp coconut oil

Instructions

Place all the ingredients in a high-powered blender and blend until smooth. Once blended, taste and adjust according to preferences, such as adding more strawberries for a stronger strawberry flavor or maple syrup for additional sweetness.



Recipe courtesy of Laura Frontiero

Thin Mint Smoothie

Think of this Thin Mint Smoothie as a healthy version of your favorite Girl Scout cookie! Rich in fiber, healthy fats, and antioxidants, it nourishes your digestive system and promotes a balanced gut microbiome. Spinach feeds beneficial bacteria, avocado, and flaxseed support gut lining health, while raw cacao enhances microbial diversity. The peppermint adds a refreshing twist to soothe digestion, making this smoothie as good for your gut as it is delicious.



Ingredients

- 1 cup dairy-free milk or water
- 2 Tbsp raw cacao
- 3/4 cup coconut water
- 1/2 avocado
- 1 cup spinach
- 1 Tbsp ground flaxseed meal
- 1 tsp of peppermint extract or a few drops of peppermint essential oil



Instructions

Add all ingredients to your blender. Process until silky smooth and then pour into a glass. Garnish with fresh mint and cacao nibs.

Recipe courtesy of Laura Frontiero

Orange Detox Smoothie

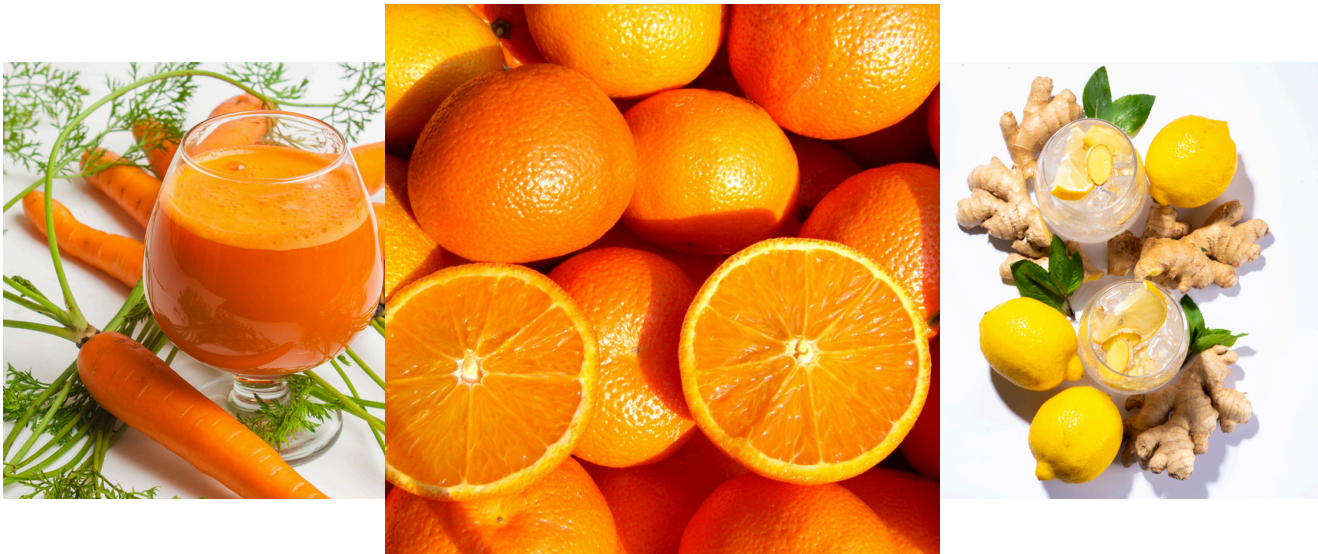
Packed with fiber from oranges and carrots, the Orange Detox Smoothie aids digestion and feeds beneficial gut bacteria. Flax seeds provide omega-3 fatty acids and lignans, supporting gut lining integrity.

Ginger offers anti-inflammatory properties that can soothe digestive discomfort, while lemon juice may help stimulate digestive enzymes. The addition of protein powder helps balance blood sugar and supports gut repair.



Ingredients

- 1 large orange (seedless, peeled)
- 1 cup shredded carrots
- 2 Tbsp flax seeds (or flax seed meal)
- 2/3 cup protein powder (any flavor)
- 3" piece ginger (thinly sliced)
- 1/4 cup lemon juice
- 1/2 cup water
- 1/2 cup ice



Instructions

Place all ingredients in a high-speed blender and puree until smooth. Add more ice to thicken until you've reached the desired consistency.

Recipe courtesy of The Lemon Bowl

Kefir Smoothie Bowl

This Kefir Smoothie Bowl is a probiotic powerhouse, perfect for kickstarting your day with a gut-friendly breakfast. Kefir, a fermented dairy product, is rich in beneficial bacteria that support a healthy gut microbiome. Combined with fiber-rich fruits, chia seeds, and a touch of natural sweetness, this smoothie bowl promotes digestion and provides a nourishing start to your morning.



Smoothie Ingredients

- 1 cup kefir
- 1 tsp maple syrup or honey
- 1 cup frozen berries or fruit of choice

Toppings (Choose Your Favorites)

- 1 medium banana sliced
- 1/2 cup fresh berries or fruit of choice
- 1 tsp chia seeds
- 1 Tbsp unsweetened almond butter or peanut butter
- 2 Tbsp flaked coconut
- 1 Tbsp pumpkin seeds or sunflower seeds
- 1 Tbsp ground flaxseed
- Honey for drizzling
- 1/2 tsp cinnamon

Instructions

1. Add the kefir, maple syrup (or honey), and frozen berries to a high-powered blender and pulse until smooth.
2. Pour the smoothie into a shallow bowl with high edges. Gently add the toppings: sliced bananas, fresh berries, chia seeds, flaked coconut, ground flaxseed, seeds, almond butter, etc. If desired, drizzle with honey, peanut butter, or any additional toppings of your choice. Serve and enjoy!

Recipe courtesy of Little Home in the Making



CONDIMENTS, SNACKS & SIDES

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~~Ghee~~

Though traditionally not vegan, ghee is a smarter alternative to conventional butter, prized for its digestive benefits. It stimulates bile flow, which aids in gallbladder function. It's rich in butyrate, a short-chain fatty acid that supports the health of the intestinal lining and promotes good digestion. For those following a vegan diet, you can substitute ghee with coconut oil, supporting gut health by aiding digestion and providing antimicrobial benefits.

Ingredients

- 1 pound organic, unsalted butter

Equipment

- Heavy-bottomed stainless steel pot
- Strainer and flour sack kitchen towel (or a piece of cheesecloth)
- Clear glass container with tight-fitting lid

Instructions

1. Place butter in the pot. Bring the butter to a boil, then reduce the heat to a slow, steady simmer. The butter will begin to produce foam. Don't remove this foam. It will begin to be absorbed into the butter, and you will hear the crackling sound of moisture and liquid evaporating.
2. Let the butter simmer for up to 1 hour. Keep an eye on it and keep the flame on your stove as low as possible. The ghee is done when you see browned butterfat caramelized on the bottom of the pan, and the top portion of the ghee is clear.
3. Cool down slightly and strain the ghee through a piece of cheesecloth to remove all the caramelized and browned butterfat.
4. Place the ghee in jars and store. Ghee can be stored at room temperature for about one month or in the refrigerator for up to three months.

Note: You can also use the same recipe to make ghee in a slow cooker without worrying about it burning. It works well and takes 6 hours on low heat.

Recipe courtesy of Chopra Global

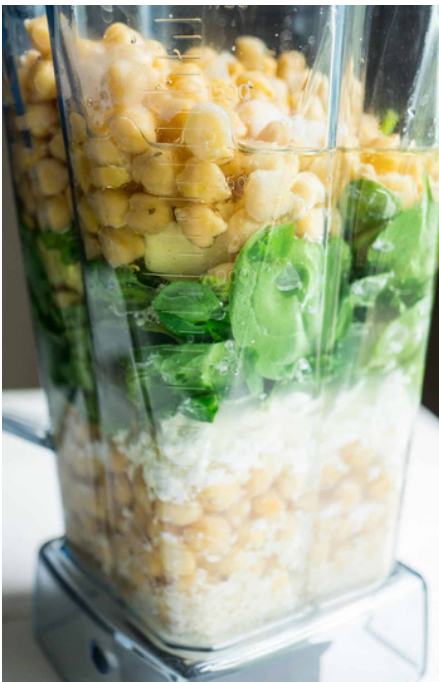
Artichoke & Spinach Hummus

Artichokes are known for their gallbladder- and liver-supporting properties, including promoting bile production and detoxification. Spinach adds a dose of chlorophyll, which helps cleanse the liver, and chickpeas provide protein and fiber.



Ingredients

- 2 Tbsp tahini
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 (15 oz) can chickpeas, drained and rinsed (reserve)
- 1 cup artichoke hearts (canned or jarred), drained
- Juice of 1 lemon
- 1 cup fresh spinach, chopped
- Salt and pepper to taste



Instructions

1. In a food processor, combine the chickpeas, artichoke hearts, spinach, tahini, lemon juice, garlic, and olive oil.
2. Process until smooth, adding a little water if needed to reach the desired consistency.
3. Season with salt and pepper to taste. Serve with fresh vegetables, whole-grain crackers, or as a spread on sandwiches.

Recipe courtesy of Gimme Some Oven

Simple Guacamole

Avocados are rich in healthy fats that soothe the gut lining and support the absorption of fat-soluble nutrients. Adding cumin and garlic further enhances digestion, making this guacamole a delicious and gut-friendly snack.



Ingredients

- 2 ripe avocados
- 1 green onion, chopped
- 1 tsp cumin
- Sea salt and black pepper to taste
- 1 garlic clove, chopped
- 1/4 cup chopped cilantro
- 1/2 lime juice squeezed
- 1 cucumber, sliced for garnish (optional)



Instructions

1. Mash the avocados in a bowl using a fork.
2. Add the remaining ingredients.
3. Mix well and serve on top of sliced cucumbers.

Pro Tip:

Put the avocado pit into the guacamole to delay browning!

Recipe courtesy of Laura Frontiero

Sweet Potato Fries

Sweet potatoes are packed with fiber and antioxidants, which are essential for healthy digestion. The natural sweetness of these fries, combined with the healthy fats from coconut oil, makes them a satisfying and gut-soothing treat.



Ingredients

- 2 large sweet potatoes, sliced lengthwise into fries
- 1 Tbsp coconut oil, melted
- Season to taste (e.g., sea salt, pepper, garlic powder, paprika)

Instructions

1. Preheat the oven to 425°F.
2. In a large bowl, mix the coconut oil, sweet potato, and sea salt until evenly coated.
3. Spread the sweet potato slices onto a baking sheet and bake for 15 minutes.
4. Shake them around a bit and turn them over, and bake for 15 additional minutes or until the edges are golden brown.



Recipe courtesy of Laura Frontiero

Kale Chips

Kale is a nutrient-dense leafy green that's high in fiber and antioxidants, supporting overall gut health. These crispy kale chips are a great way to enjoy a snack that's both delicious and beneficial for your digestive system.



Ingredients

- 1 bunch of kale
- Olive oil
- Sea salt

Instructions

1. Preheat the oven to 350°F.
2. Tear your kale into little bites.
3. Toss the pieces into a bowl and drizzle with a bit of olive oil and salt.
4. Massage the kale until it turns dark green and wilts.
5. Spread the pieces onto a baking dish and bake for about 20 minutes or until they're crispy.



Recipe courtesy of Laura Frontiero



FERMENTED FOODS

FERMENTED FOODS



Basic Sauerkraut

Fermented foods are a powerhouse for gut health, packed with probiotics that help maintain a balanced and healthy digestive system. While the idea of fermenting your own food at home might seem intimidating, it's actually quite simple and requires just a few basic ingredients. Sauerkraut, a traditional fermented cabbage dish, is an excellent starting point. It's not only easy to make but also a versatile addition to meals, offering a tangy, crunchy texture that pairs well with a variety of dishes. With just cabbage, salt, and a bit of patience, you can create your own gut-friendly sauerkraut right at home.

Ingredients

- 1 medium green cabbage
- 1-2 tsp caraway seeds (optional, for flavor)
- 1 Tbsp sea salt

Instructions

1. Remove the outer leaves of the cabbage and set them aside. Cut the cabbage into quarters, remove the core, and finely shred the cabbage.
2. Place the shredded cabbage in a large mixing bowl. Sprinkle the sea salt over the cabbage.
3. Massage the salt into the cabbage for about 5 to 10 minutes until it starts to release liquid and soften.
4. Add caraway seeds (if using) and mix well.
5. Pack the cabbage tightly into a clean glass jar or fermenting crock, pressing it down firmly so the liquid (brine) rises above the cabbage.
6. Place a whole cabbage leaf on top to keep the shredded cabbage submerged under the brine.
7. Cover the jar with a clean cloth or lid, leaving it slightly loose to allow gases to escape during fermentation.
8. Let the sauerkraut ferment at room temperature for 1-4 weeks, depending on your taste preference. Check it regularly to ensure the cabbage remains submerged in the brine.
9. Once the sauerkraut reaches your desired flavor, transfer it to the refrigerator. It will continue to ferment slowly and can be stored for several months.

Kimchi

Kimchi is a staple in Korean cuisine, offering a delightful blend of spicy, tangy, and umami flavors. Not only does it add a kick to any meal, but it's also a probiotic-rich food that supports gut health by promoting a balanced microbiome. The combination of cabbage, garlic, and ginger, along with the fermentation process, creates a powerful dish that aids digestion and enhances nutrient absorption.



Ingredients

- 1 medium Napa cabbage
- 2-3 cloves garlic, minced
- 4 green onions, chopped
- 1 medium carrot, julienned
- 2 Tbsp fish sauce (optional for authentic flavor)
- 1 Tbsp sea salt
- 1" piece ginger, grated
- 1 Tbsp Korean red pepper flakes (gochugaru)
- 1 daikon radish, julienned (optional)

Instructions

1. Quarter the Napa cabbage, remove the core and chop into bite-sized pieces.
2. In a large bowl, toss the cabbage with sea salt, ensuring all pieces are coated. Let it rest for 1-2 hours, turning occasionally until the cabbage softens and releases moisture.
3. Rinse the cabbage thoroughly under cold water to remove excess salt. Drain well.
4. In a separate bowl, create a paste by mixing the garlic, ginger, red pepper flakes, and fish sauce (if using).
5. Combine the cabbage with the paste, green onions, carrot, and daikon radish, ensuring everything is evenly coated.
6. Pack the mixture tightly into a clean jar, pressing down to remove air pockets, and submerge the vegetables in their juices.
7. Cover loosely and ferment at room temperature for 3-7 days, checking daily and pressing down to keep the vegetables submerged.
8. Once the kimchi is fermented to your liking, store it in the refrigerator, where it will continue to develop flavor and last for several months.

Fermented Pickles

Why buy pickles when you can make your own? Homemade fermented pickles are not only deliciously tangy but also packed with probiotics that are great for your gut. These crunchy treats are easy to make and can be customized with your favorite herbs and spices. Enjoy them as a snack, in sandwiches, or alongside your favorite dishes for an extra digestive boost.



Ingredients

- 4-6 small cucumbers (Kirby cucumbers work well)
- 2 Tbsp sea salt
- 2 cups water (filtered or boiled and cooled)
- 2 cloves garlic, smashed
- 1 Tbsp dill seeds or 2-3 fresh dill sprigs
- 1 tsp mustard seeds (optional)
- 1 bay leaf (optional)

Instructions

1. Dissolve the sea salt in water to create a brine.
2. Place the garlic, dill seeds or sprigs, mustard seeds, and bay leaf at the bottom of a clean glass jar.
3. Pack the cucumbers into the jar, leaving some space at the top.
4. Pour the brine over the cucumbers, ensuring they are fully submerged. Use a fermenting weight or a cabbage leaf to keep them under the brine.
5. Cover the jar with a cloth or a loosely fitted lid to allow gases to escape.
6. Let the pickles ferment at room temperature for 3-7 days, checking their flavor as they ferment. When they reach your desired taste, seal the jar and store it in the refrigerator.

Fermented Carrots

Fermented carrots are a crunchy, tangy addition to any meal, loaded with gut-friendly probiotics. They're incredibly versatile and can be enjoyed on their own as a snack, tossed into salads, or as a topping for sandwiches and bowls. With their mild flavor and satisfying crunch, fermented carrots are a great way to introduce fermentation into your cooking repertoire.



Ingredients

- 4-5 large carrots, peeled and cut into sticks or rounds
- 1 Tbsp sea salt
- 2 cups water (filtered or boiled and cooled)
- 2 cloves garlic, smashed (optional)
- 1 tsp dill seeds or fresh dill (optional)

Instructions

1. Prepare a brine by dissolving the sea salt in water.
2. Pack the carrot sticks or rounds into a clean glass jar, leaving some space at the top.
3. Add the garlic and dill, if using, on top of the carrots.
4. Pour the brine over the carrots, making sure they are fully submerged.
5. Cover the jar with a cloth or a loose lid to allow gases to escape.
6. Ferment the carrots at room temperature for 3-5 days, tasting as you go. Once they reach your desired level of tanginess, store them in the refrigerator.



Fermented Beets

Fermented beets are a vibrant, nutrient-dense addition to your diet, bringing a unique earthy sweetness and a boost of probiotics. These ruby-colored gems are great on their own, in salads, or as a flavorful side dish. Fermentation enhances the natural goodness of beets, making them a gut-friendly powerhouse.



Ingredients

- 3-4 medium beets, peeled and sliced or cubed
- 2 cups water (filtered or boiled and cooled)
- 1 Tbsp sea salt
- 2 cloves garlic, smashed (optional)
- 1 tsp caraway seeds (optional)

Instructions

1. Create a brine by dissolving the sea salt in water.
2. Pack the beet slices or cubes into a clean glass jar, leaving some space at the top.
3. Add the garlic and caraway seeds (if using) to the jar.
4. Pour the brine over the beets, ensuring they are fully submerged.
5. Cover the jar with a cloth or a loose-fitting lid to allow gases to escape.
6. Let the beets ferment at room temperature for 5-10 days, tasting periodically to check the flavor. When the beets are ready, transfer them to the refrigerator, where they will keep for several months.





SOUPS, BROTHS, CHOWDERS

SOUPS, BROTHS & CHOWDERS



Gut-Healing Vegetable Broth

This broth is a powerhouse of nutrients, perfect for healing the gut lining and promoting overall digestive health. Including seaweed adds essential minerals, while the vegetables and turmeric support detoxification and reduce inflammation.

Ingredients

- 12 cups filtered water
- 1 Tbsp coconut oil or extra-virgin olive oil
- 1 red onion, quartered (with skins)
- 1 cup greens, such as kale or spinach
- 1 chili pepper, roughly chopped (with seeds) - avoid if you have a very sensitive stomach
- 1 thumb-sized piece of ginger, roughly chopped (with skin)
- 3-4 cups mixed chopped vegetables and peelings (e.g., carrot peelings, red cabbage, fresh mushrooms, leeks, celery)
- 1/2 cup dried shiitake mushrooms
- 1/3 to 1/2 cup of dried wakame seaweed
- 1-2 Tbsp ground turmeric (use less for a milder taste)
- A bunch of fresh coriander or other herb of your choice
- 1/4 cup nutritional yeast flakes for extra flavor and vitamins (optional)
- 1 garlic bulb, smashed
- 1 Tbsp peppercorns
- 1 Tbsp coconut aminos

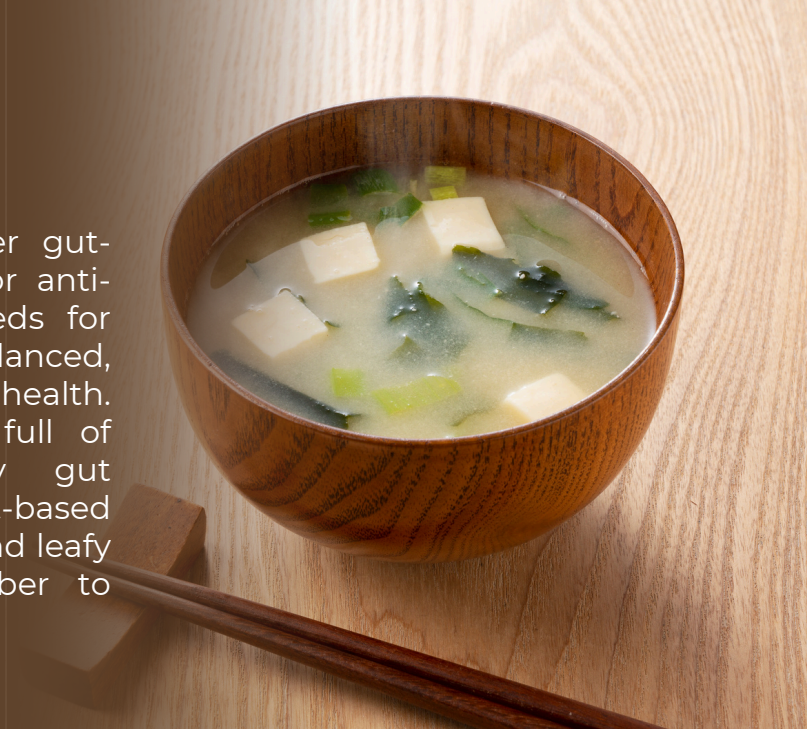
Instructions

1. Add everything to a large pot. Bring to a boil, then simmer, with the lid on, for about an hour.
2. Once everything has been cooked down, strain the liquid into a large bowl.
3. Serve immediately with some fresh herbs for decoration or cool for later. It also freezes well.

Recipe courtesy of Wallflower Kitchen

Miso Soup

This version of the Miso Soup is super gut-friendly, with tofu for protein, ginger for anti-inflammatory benefits, and sesame seeds for extra nutrients. The result is a balanced, nutritious soup that's perfect for digestive health. Miso, a fermented soybean paste, is full of probiotics that support a healthy gut microbiome. Adding tofu provides a plant-based protein boost, while the sea vegetables and leafy greens add essential minerals and fiber to further enhance digestive health.



Ingredients

- 1 strip kombu, hijiki, or other sea vegetable (available at natural food stores and Japanese grocery stores)
- 1 cup Swiss chard, kale, or other greens, chopped
- 1 cup firm tofu, cubed [PUMFU instead...](#) ➤ 5 cups water
- 5 tsp miso of your choice ➤ 1/2 cup sliced carrots
- 1 tsp freshly grated ginger (optional) ➤ 1 tsp sesame seeds (optional)
- 1 Tbsp chopped green onions, as garnish (optional)

Instructions

1. Rinse the sea vegetables in cold water for 10 minutes (if using arame, do not soak). Wipe with a towel to remove excess sodium.
2. Fill a pot with water and bring it to a boil.
3. Cut the sea vegetables into small strips and add to the pot.
4. Add the carrots, tofu, and greens to the pot, cover, and turn the heat to medium/low. Simmer for about 10 minutes until the vegetables are tender.
5. Turn off the stove. Remove a few tablespoons of broth from the pot to mix with the miso in a separate container, helping it melt down into a liquid.
6. Place the miso back into the soup pot and mix well.
7. *Optional:* Stir in freshly grated ginger for added flavor and anti-inflammatory benefits.
8. Serve the soup hot, garnished with chopped green onions and a sprinkle of sesame seeds, if desired.

Recipe courtesy of Laura Frontiero

Green Detox Soup

This soup is a powerful detoxifier, packed with fiber-rich vegetables like kale and broccoli that support digestion and liver health, help cleanse the colon, and promote regularity. The combination of greens and herbs helps cleanse the body while providing essential nutrients for a healthy gut.



Ingredients

- 3 medium or 2 large yellow onions, peeled and roughly chopped
- 1 zucchini, washed but not peeled, and roughly chopped
- 10 leaves dinosaur kale, roughly chopped
- 1 head broccoli, roughly chopped (while you can chop off any especially woody bits, it's great to include the stem)
- 4 cups vegetable broth
- 1 head garlic, cloves removed and minced
- 1/2 cup packed cilantro (or fresh coriander, for Brits)
- 1/2 cup packed parsley
- Juice of 1 lemon
- 3 Tbsp raw, unrefined coconut oil
- 1/4 tsp sea salt

Instructions

1. In a large pot, heat coconut oil over medium-high until warm.
2. Add onions and cook for 5 minutes, stirring occasionally.
3. Add zucchini, kale, and broccoli, and cook for 5 additional minutes.
4. Pour in vegetable stock and bring to a boil. Then reduce the heat to low and simmer, covered, for 15 to 20 minutes or until the broccoli is easily pierced with a fork.
5. Turn off the heat and add the garlic, then let it cool, uncovered, for 15 minutes. Working in batches, if necessary.
6. Blend with the cilantro, parsley, lemon, and sea salt until very smooth.

Recipe courtesy of Liz Moody

Vegan Potato, Corn Chowder

This hearty chowder is both comforting and gut-friendly. The fiber from corn and potatoes aids digestion, while the plant-based milk adds a creamy texture without the heaviness of dairy, making it easy on the stomach.



Ingredients

- 1 1/2 Tbsp olive oil (or coconut oil or avocado oil)
- 1 pound red, russet, or Yukon gold potatoes, chopped
- 2 small golden zucchinis, chopped (any yellow squash will work)
- 1/2 medium jalapeño, seeded and minced
- 1 small red bell pepper, seeded and minced
- 1 small yellow onion, diced
- 2 large cloves garlic, minced
- 4 cups vegetable broth
- 2 cups unsweetened plant-based milk
- 4 cups corn kernels
- 3 ribs celery, diced
- 1 1/2 tsp salt
- 1/2 tsp ground coriander (optional)
- 1/2 tsp ground turmeric (optional)
- 1/2 tsp ground cumin (optional)
- 1/2 tsp ground ginger (optional)
- 2 Tbsp chopped green onion (for garnish)
- Freshly ground black pepper (for garnish)

Instructions

1. In a large pot, heat the oil over medium-high heat.
2. Add the onion, garlic, red bell pepper, zucchini, jalapeno, and celery, and saute for 4 to 5 minutes or until the onion becomes translucent and tender.
3. Add the potatoes, 2 cups of corn kernels, and broth, then bring to a boil and cook uncovered for 20 minutes or until the potatoes are tender.
4. Place the remaining 2 cups of corn kernels, spices, and plant-based milk in a blender and blend on high until smooth. Pour the mixture into the soup pot, bring it to a boil, and cook for an additional 5 minutes.
5. Remove the pot from the heat. Puree half of the soup using an immersion blender (or with a regular blender, working in batches). Be careful not to over-puree so plenty of chunkiness remains in the soup. Garnish each bowl with chopped green onion and freshly ground pepper.

Recipe courtesy of Food Sharing Vegan

Ginger & Sweet Potato Soup

In Traditional Chinese Medicine, the spleen plays a key role in digestion. This warming soup combines sweet potatoes, which nourish the spleen, with ginger to aid digestion and eliminate cold, making it a soothing and easy-to-digest meal.



Ingredients

- 1 Tbsp olive oil Use coconut, avocado, or grapeseed oil instead.
- 2 garlic cloves, minced
- 1 white onion, chopped
- 1 Tbsp grated ginger (about 2" piece)
- 1 small fennel, chopped
- Salt & pepper to taste
- 4 cups sweet potato, chopped
- 4 cups low-sodium vegetable broth
- 1 cup carrots, chopped
- 1 (14.5 oz) can lite coconut milk

Instructions

1. Heat the olive oil in a large Dutch oven or saucepan. Add the onion, fennel, potato, and carrots. Saute for 3 to 5 minutes until the veggies start to soften. Add the garlic, ginger, salt, and pepper, and saute for a few more minutes.
2. Add the broth and coconut milk. Bring the mixture to a boil, cover, and simmer for 20 minutes.
3. Once the soup is cooked, add it to a blender and blend until creamy. You could also use an immersion blender. Taste and adjust seasonings to your taste.
4. Serve immediately with a dollop of yogurt, some chives (or green onions), and enjoy!

Recipe courtesy of Simply Quinoa

Simple Squash Soup

This Simple Squash Soup is gentle on digestion and rich in gut-friendly ingredients. Squash and apple provide fiber for gut health while warming spices offer anti-inflammatory benefits. Made with coconut oil and dairy-free milk, it's a nourishing, easy-to-digest meal that supports digestive wellness.



Ingredients

- 1 Tbsp coconut oil
- 1 small onion, chopped
- 2 pounds butternut squash, peeled and chopped
- 1 large apple, cored and chopped
- 2 large carrots, chopped
- Sea salt and black pepper to taste
- 2 tsp cinnamon
- 2 tsp curry powder
- 1 tsp nutmeg
- 3 cups broth or water
- 1/2 cup dairy-free milk of your choice



Instructions

1. In a large pot, add the coconut oil. When the oil is hot, add onion and sauté for 2 to 3 minutes.
2. Add chopped butternut squash, apple, and carrots, cinnamon, nutmeg, curry powder, sea salt, and black pepper to the pot.
3. Sauté for 3 to 5 minutes.
4. Add broth (or water) to the pot and stir. Let it come to a boil, then reduce the heat and simmer for 15 minutes.
5. Blend the soup. You can use an immersion blender to make the soup smooth or blend the soup in batches using a high-speed blender.
6. When the soup is blended, add it back to the pot and add the dairy-free milk.
7. Reheat the soup. Taste and adjust seasonings.

Recipe courtesy of Laura Frontiero

Vegan Vegetable Soup

This hearty vegetable soup is a comforting, nutrient-packed meal. Loaded with vegetables, beans, and herbs, it provides fiber, vitamins, and minerals that support gut health. Garlic and onion feed beneficial gut bacteria, while parsley and lemon juice aid digestion.



Ingredients

- Use coconut, avocado, or grapeseed oil instead.
- 2 Tbsp extra virgin olive oil
 - 1 large onion, diced
 - 4 cloves garlic, minced
 - 3 medium carrots, diced
 - 3 stalks celery, diced
 - 2 medium potatoes, peeled and diced
 - 4 cups vegetable broth + 1 cup water
 - 2 (15 oz) cans diced tomatoes
 - 1 cup corn kernels (frozen or fresh)
 - 1 (15 oz) can kidney beans, drained and rinsed
 - 1/4 cup chopped fresh spinach or kale (optional)
 - 1/2 tsp turmeric (optional)
 - 2 tsp Italian seasoning
 - 1 tsp ground cumin (optional)
 - 1 bay leaf
 - 1/4 cup fresh parsley, chopped
 - 1 1/2 tsp kosher salt, or to taste + freshly ground black pepper
 - 1 Tbsp freshly squeezed lemon juice, or to taste

Instructions

1. Heat oil in a large Dutch oven over medium-low heat. Once hot, add onion and 1 teaspoon kosher salt and cook for 5 minutes, stirring often.
2. Add garlic, carrots, celery, and potatoes and cook for 5 more minutes, stirring often.
3. Add turmeric and cumin, then add Italian seasoning and cook for 1 more minute.
4. Add broth, water, tomatoes, corn, beans, spinach or kale, bay leaf, and several grinds of black pepper.
5. Bring to a boil, then reduce the heat to low and simmer, covered, until the vegetables are tender (about 35 minutes).
6. Remove from heat and stir in parsley and lemon juice. Remove bay leaf and season to taste with salt and pepper.

Recipe courtesy of Hummusapien



SALADS

SALADS



Fermented Vegetable & Avocado Salad

Fermented vegetables are rich in probiotics, which support a healthy gut microbiome. Avocado provides healthy fats that soothe the gut lining, while flax seeds add fiber to aid digestion. Apple cider vinegar stimulates digestive juices, aiding in the breakdown of food.

Salad Ingredients

- 1 cup mixed fermented vegetables (like sauerkraut, kimchi, or pickled beets)
- 1 avocado, diced
- 2 cups mixed greens (kale, spinach, arugula)
- 1/4 cup red onion, thinly sliced
- 1/4 cup walnuts, chopped
- 1 Tbsp flax seeds
- Other salad ingredients you prefer (e.g., tomato, chickpeas, black beans)

Dressing

- 2 Tbsp extra virgin olive oil
- 1 Tbsp apple cider vinegar (with the mother)
- 1 tsp Dijon mustard
- 1 tsp raw honey or maple syrup
- Salt and pepper to taste



Instructions

1. In a large bowl, combine the mixed greens, fermented vegetables, avocado, red onion, walnuts, and flax seeds.
2. In a small bowl, whisk together the dressing ingredients.
3. Drizzle the dressing over the salad and toss to combine.
4. Serve immediately to enjoy the fresh, tangy flavors.

Recipe courtesy of Laura Frontiero

Turmeric Quinoa & Roasted Veggie Salad

Turmeric has potent anti-inflammatory and antioxidant properties that support gut health. Quinoa provides fiber and protein, aiding digestion, while roasted vegetables and pumpkin seeds offer additional nutrients and fiber to promote a healthy gut.



Salad Ingredients

- 1 cup cooked quinoa
- 1 red bell pepper, diced
- 1 zucchini, diced
- 1 sweet potato, peeled and diced
- 2 cups baby spinach
- 1/4 cup pumpkin seeds

Dressing

- 2 Tbsp tahini
- Juice of 1 lemon
- 1 Tbsp olive oil Use coconut, avocado, or grapeseed oil instead.
- 1/2 tsp ground turmeric
- 1/2 tsp ground cumin
- Salt and pepper to taste
- Water to thin if needed

Instructions

1. Preheat the oven to 400°F.
2. Toss the sweet potato, red bell pepper, broccoli, and zucchini with a little olive oil, salt, and pepper.
3. Roast for 20 to 25 minutes until tender.
4. In a large bowl, combine the cooked quinoa, roasted vegetables, and baby spinach.
5. In a small bowl, whisk together the dressing ingredients until smooth. Add water if needed to reach the desired consistency.
6. Pour the dressing over the salad and toss to combine.
7. Sprinkle with pumpkin seeds and serve warm or at room temperature.

Recipe courtesy of Laura Frontiero

Spinach Salad with Tahini Dressing

Spinach is packed with fiber and essential nutrients that support gut health. The tahini dressing provides healthy fats and probiotics, making this salad both delicious and beneficial for digestion.



Salad Ingredients

- 4 cups spinach
- 1 cup shredded carrots
- 1 cup thinly sliced red cabbage
- 1 avocado, chopped
- 1/4 cup sunflower seeds

Dressing

- 2 Tbsp tahini
- 1 lemon, juiced
- 1 garlic clove, minced
- 1/4 cup water
- Sea salt and black pepper to taste



Instructions

For the salad:

1. Add all the ingredients (except avocado) to a large salad bowl.
2. Top with avocado.
3. Serve with tahini dressing.

For the tahini dressing:

1. Add your tahini, lemon juice, water, garlic, sea salt, and black pepper to a small bowl.
2. Mix well with a fork. If the sauce is too thin, add more tahini. If the dressing is too thick, add more water a tablespoon at a time.

Recipe courtesy of Laura Frontiero

Rainbow Gut-Healing Salad

Packed with colorful vegetables, this vibrant salad provides a variety of fibers, antioxidants, and nutrients that support a healthy gut microbiome. The mix of raw veggies offers prebiotic fibers, while nuts or seeds add healthy fats. The zesty dressing with apple cider vinegar aids digestion.



Salad Ingredients

- 3 cups of baby spinach
- 1 cup of purple cabbage, shredded
- 1 cup of cherry tomatoes, halved
- 2 carrots, shredded or julienne
- 1 yellow bell pepper, sliced
- 1 cup of cucumber, diced
- 1/4 cup of red onion, thinly sliced
- 1/4 cup minced parsley, for garnish
- 1/4 cup nuts or seeds (i.e., sliced almonds or pumpkin seeds)
- Avocado, sliced (optional)
- Crushed red peppers (optional)

Dressing

- 2 Tbsp of lemon juice
- 1 tsp of apple cider vinegar
- 2 tsp of balsamic vinegar
- 1 tsp of olive oil (optional)
- 1 tsp of maple syrup or agave
- Salt and pepper to taste

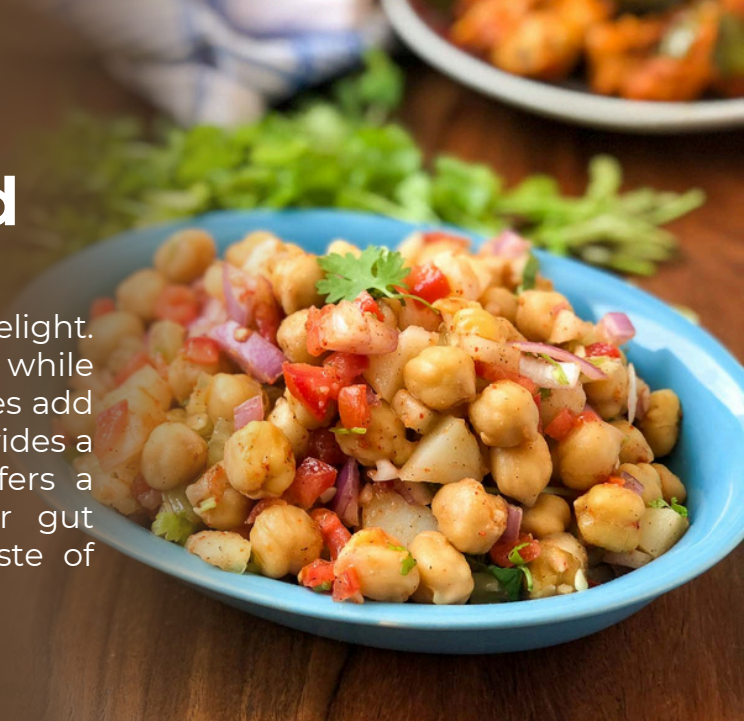
Instructions

1. In a small bowl, combine the lemon juice, apple cider, balsamic vinegar, oil, sweetener of choice, water, salt, and pepper. Mix well and set aside.
2. Place spinach on a large bowl or salad plate to assemble the salad. Then top with veggies, each in a section of the plate.
3. Drizzle some dressing and garnish with parsley, basil, avocado slices, and a sprinkle of crushed red pepper.
4. Serve cold.

Recipe courtesy of Plant Based on a Budget

Chickpea Chaat Salad

This Chickpea Chaat Salad is a gut-friendly delight. Fiber-rich chickpeas support digestive health, while aromatic spices aid digestion. Fresh vegetables add crunch and nutrients, and tangy chutney provides a probiotic boost. This easy-to-make salad offers a perfect balance of flavors, nourishing your gut microbiome while delivering the vibrant taste of Indian cuisine.



Ingredients

- 1 (15 oz) can chickpeas, drained and rinsed
- 1 small onion, finely chopped (about 1/2 cup)
- 1 medium tomato, diced (about 3/4 cup)
- 1/2 tsp salt (adjust to taste)
- 1 tsp chana masala powder
- 1/2 tsp cumin powder
- 1 tsp chaat masala
- 1/4 tsp red chili powder (adjust to taste)
- 2 Tbsp tamarind dates chutney
- Juice of 1/2 lemon (about 1 Tbsp)
- 1/4 cup fresh cilantro, chopped

Instructions

1. Combine chickpeas, chopped onion, and diced tomato in a large bowl.
2. Add the salt, chana masala powder, cumin powder, chaat masala, and red chili powder. Mix well.
3. Drizzle the tamarind dates, chutney, and lemon juice over the salad.
4. Toss everything together until well combined.
5. Garnish with fresh cilantro before serving.

Pomegranate, Orange, Papaya & Kiwi Green Salad

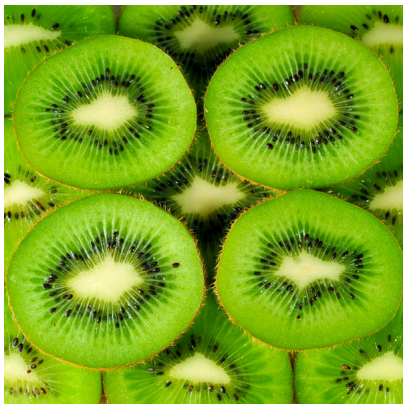
This vibrant salad combines fiber-rich fruits with mixed greens for optimal digestive health. Pomegranate seeds offer anti-inflammatory benefits, while oranges, papayas, and kiwis provide enzymes and prebiotics that support gut flora. The light vinaigrette aids nutrient absorption, making this a delicious and gut-nourishing meal.

Dressing

- 1 1/2 quart mixed greens
 - 2 oranges, peeled and sliced
 - 2 medium papayas, peeled and sliced
 - 4 kiwis, peeled and sliced
 - 1 medium pomegranate, seeded (about 3/4 cup)
- 1/4 cup olive oil
 - 1 1/2 tsp white wine vinegar
 - 1/4 tsp salt
 - 1/8 tsp pepper
 - 1/8 tsp crushed red pepper flakes

Instructions

1. To make the dressing, combine vinegar and the next three ingredients; whisk in oil.
2. Toss greens with 2 1/2 tablespoons dressing; arrange on a serving platter.
3. Alternate orange, papaya, and kiwi slices over greens.
4. Drizzle with remaining dressing.
5. Sprinkle with pomegranate seeds.





ENTREES

ENTREES



Creamy Sweet Potato & Red Lentil Curry

With fiber-rich sweet potatoes and lentils promoting healthy digestion and the added benefits of turmeric and cumin, this vegan curry supports a balanced gut microbiome. Ginger and garlic add natural anti-inflammatory and antimicrobial properties, making this a nourishing meal that’s both flavorful and comforting.

Ingredients

Use coconut, avocado, or grapeseed oil instead.

- 2 Tbsp olive oil
- 1/2 white onion, diced
- 1 Tbsp grated ginger
- 1 Tbsp grated garlic (about 3 cloves)
- 1 tsp curry powder
- 1/2 tsp turmeric powder
- 1 tsp cumin powder
- 2 Tbsp tomato paste
- 2 Tbsp red curry paste
- 4 cups cubed sweet potato (2 medium)
- 3/4 cup red lentils
- 1 (14.5 oz) can lite or full-fat coconut milk
- 1 1/2 cups vegetable broth (or water)
- Salt and pepper to taste
- Cauliflower rice to serve
- Cilantro for garnish

Instructions

1. Heat the oil in a large skillet or Dutch oven. Add the onions and cook for 2 to 3 minutes, stirring often. Add the ginger, garlic, and curry powder and cook for another minute.
2. Once the mixture starts to be fragrant, add the tomato and red curry paste. Stir everything together until combined.
3. Stir in sweet potato and lentils and cook for another 30 seconds before adding the coconut milk. Bring this mixture to a boil, then cover and simmer for 15 minutes.
4. Remove the lid and stir in vegetable broth, then season with salt and pepper. Cover again and cook for another 15 minutes.
5. Serve warm with your preferred side (e.g., rice, quinoa, cauliflower rice, sauteed spinach, or kale), and garnish with cilantro, if desired.

Recipe courtesy of Simply Quinoa

Spicy Vegetarian Quinoa Stuffed Bell Peppers

These Spicy Vegetarian Quinoa Stuffed Bell Peppers are a flavorful, gut-friendly meal. Packed with protein-rich quinoa and beans, they provide fiber for healthy digestion. The homemade taco seasoning adds a kick, while bell peppers offer vitamins and antioxidants.



Stuffed Bell Pepper Ingredients

- 1 Tbsp olive oil Use coconut, avocado, or grapeseed oil instead.
- 3-5 bell peppers, halved, seeds removed
- 2 cups quinoa, cooked
- 1/2 white onion, diced
- 1 (14.5 oz) can diced tomatoes, drained
- 1 jalapeno, diced
- 1 (15 oz) can low-sodium black beans, rinsed and drained
- 1 (15 oz) can garbanzo beans, rinsed and drained
- 1 (15 oz) can yellow corn, rinsed and drained
- Salt and pepper to taste
- 1 cup mozzarella cheese, shredded (vegan or dairy)
- Cilantro, for garnish (optional)

Taco Seasoning

- 1 Tbsp chili powder
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp red pepper chili flakes
- 1/4 tsp dried oregano
- 1/2 tsp paprika
- 1 tsp cumin



Instructions

1. Preheat oven to 350°F.
2. Drizzle ~1 Tbsp. olive oil in an oven-safe casserole dish.
3. Cut bell peppers in half lengthwise and remove the seeds and membrane.
4. Drizzle the bell peppers with a little olive oil and rub it on all sides to coat. Season with a pinch of salt and pepper. Place the peppers cut side up in the casserole dish and bake for 15 to 20 minutes.
5. Heat olive oil in a large frying pan, add onion, and sauté for 2 to 3 minutes.
6. Add in cooked quinoa, black beans, garbanzo beans, corn, diced tomatoes, jalapeño, and taco seasoning.
7. Mix everything together until mixed, then remove from heat.
8. Stuff the peppers to the brim with the quinoa filling. Bake for another 15 minutes or until warm.
9. Garnish with cheese (optional), cilantro, hot sauce, or any of your favorite toppings and enjoy!



Recipe courtesy of Kroll's Korner

Crockpot Cauliflower Bolognese with Zucchini Noodles

A light, veggie-packed alternative to traditional pasta. The slow-cooked cauliflower creates a hearty, meatless "bolognese" that's full of flavor, while zucchini noodles offer a low-carb, nutrient-rich base. The blend of herbs and spices enhances digestion, fights inflammation, and supports overall gut health.



Ingredients

- 2 (14 oz) cans diced tomatoes, no salt added
- 1/2 cup vegetable broth low-sodium
- 1 head of cauliflower cut up into florets
- 3/4 cup diced red onion
- 2 small garlic cloves minced
- 2 tsp dried oregano flakes
- 1 tsp dried basil flakes
- 1/4 tsp red pepper flakes
- 1/2 tsp turmeric (optional)
- 1 tsp fennel seeds (optional)
- Salt and pepper to taste
- For the pasta: 5 large zucchinis Blade A

Instructions

1. Place all of the ingredients for the bolognese into a crockpot.
2. Place the crockpot on high and let cook for 3.5 hours.
3. When finished cooking, smash the cauliflower with a potato masher or fork until the florets break up to create a "bolognese."
4. Spoon the bolognese over bowls of zucchini noodles.

Recipe courtesy of Inspiralized

Vegan Mushroom Tacos

These Vegan Mushroom Tacos support gut health with fiber-rich portobello mushrooms and prebiotics. The chipotle marinade's cumin and coriander aid digestion and reduce bloating. Topped with refried black beans and optional gut-friendly garnishes, these tacos offer a satisfying, nutritious meal that's good for your gut and taste buds.



Taco Ingredients

- 2 extra large portobello mushrooms, sliced into ½" thick wedges
- 1 red bell pepper, sliced into ½" thick strips
- 1/2 onion, cut into into ½" thick rings or half moons
- 4 tortillas, toasted
- 1 (14 oz) can refried black beans
- *Optional* Garnishes: cilantro, cheese (vegan or dairy), pickled onions, Vegan Crema, or guacamole or sliced avocado

Chipotle Marinade Ingredients

- 1 Tbsp olive oil (or another neutral oil like avocado oil)
- 2 Tbsp canned Chipotle in Adobo sauce (sauce only)
- 1 minced garlic clove (or 1/2 tsp granulated garlic)
- 1/2 tsp cumin
- 1/2 tsp coriander
- Salt and pepper to taste





Instructions

1. Preheat oven to 425°F.
2. Place the sliced portobellos, bell peppers, and onions on a parchment-lined sheet pan.
3. Mix marinade ingredients together in a small bowl.
4. Brush both sides of the mushrooms liberally with the marinade, then remaining red bell pepper and onion lightly.
5. Sprinkle portobellos with salt.
6. Roast for 20 minutes or until portobellos are fork-tender.
7. While this is roasting, heat the beans and prep any additional garnishes.
8. When ready to serve, warm the tortillas and generously spread them with the refried black beans.
9. Divide chipotle portobellos and peppers (and onions if used) among the tortillas.
10. Top with your preferred garnishes and serve immediately.

Recipe courtesy of Feasting at Home

Vegan Quinoa Sushi Bowls

This gut-friendly twist on sushi is packed with plant-based goodness. Easily digestible quinoa provides protein, while kimchi offers probiotics for gut health. Fresh vegetables, tofu, and miso-tahini sauce create a flavorful, sushi-inspired dish without rolling.



Sushi Bowl Ingredients

- 1 cup uncooked quinoa
- 1 large carrot
- 1 medium cucumber
- 1 block extra firm **tofu** Use PUMFU instead.
- 1/4 cup kimchi + 2 Tbsp kimchi juice reserved (1 for the sauce)
- 1/4 cup scallions
- 2 sheets nori
- 1 avocado
- Sesame seeds, to garnish (optional)

Sauce Ingredients

- 1 Tbsp tahini
- 1 Tbsp hemp seeds
- 1 tsp miso
- 1/2 tsp ground ginger
- 1 tsp hot sauce
- 1 Tbsp kimchi juice
- 1/4 cup water + more as needed

Instructions

1. Add quinoa and 2 cups of water to a large saucepan. Bring to a boil, cover, and reduce to simmer for 12 to 15 minutes until the water has been absorbed.
2. Meanwhile, peel the carrots into long, thin strips. Chop the cucumbers into bite-sized pieces, then cube the tofu and toss it with 1 tablespoon of kimchi juice. Finely chop the kimchi and scallions and set everything aside.
3. For the nori, toast the sheets in a dry skillet or carefully over a gas burner (if you have a gas stove).
4. When the quinoa is done cooking, separate it between your bowls. Evenly distribute the remaining ingredients and crumble nori on top of each bowl.
5. Thinly slice the avocado and place slices in each bowl. Sprinkle with sesame seeds (if using), and then prepare the sauce.
6. In a blender, combine all the sauce ingredients and blend until smooth. Start with 1/4 cup of water and add more as needed to reach a spoonable consistency.
7. Drizzle over the bowls and enjoy!

Recipe courtesy of Simply Quinoa



DESSERTS

DESSERTS



Turmeric & Coconut Chia Pudding

Chia seeds are rich in fiber and omega-3 fatty acids, which are great for gut health. Turmeric adds anti-inflammatory properties, and coconut milk provides healthy fats that soothe the digestive system.

Ingredients

- 1/4 cup chia seeds
- 1 cup coconut milk (canned or carton)
- 1 Tbsp maple syrup or honey
- 1/2 tsp ground turmeric
- 1/2 tsp vanilla extract
- Pinch of cinnamon
- Fresh fruit for topping (e.g., mango, berries)



Instructions

1. In a bowl, whisk coconut milk, sweetener, turmeric, vanilla extract, and cinnamon together to create “golden milk.” You can use a blender to make sure everything is well incorporated.
2. In a cup, add chia seeds to the golden milk and stir well.
3. Keep it in a fridge for about 30 minutes to allow your chia seeds to soak up the golden milk.
3. Whisk again to prevent clumping.
4. Cover the bowl and refrigerate for at least 6 hours or overnight until the chia seeds have absorbed the liquid and the mixture has thickened.
5. Serve the pudding topped with fresh fruit.

Recipe courtesy of Savourous

Apple Pear Crisp

Apples and pears are high in fiber, particularly pectin, which supports healthy digestion. Ginger adds a soothing, anti-inflammatory effect that can help ease digestive discomfort. This recipe is vegan and gluten-free.



Fruit Filling Ingredients

- 4 medium Granny Smith and/or Honeycrisp apples (peeled, cored, and sliced into 1/4" slices)
- 2 Bartlett pears (peeled, cored, and sliced into 1/4" slices)
- 2 Bosc pears (peeled, cored, and sliced into 1/4" slices)
- 1 tsp cinnamon
- 1/4 tsp ground ginger
- 1 tsp vanilla extract
- 1/2 tsp vanilla bean powder or vanilla bean paste
- 2 Tbsp coconut sugar
- 2 Tbsp tapioca flour



Crumble Topping Ingredients

- 1 cup blanched almond flour
- 2 Tbsp coconut flour
- 1/4 cup coconut sugar
- 6 Tbsp coconut oil (solid)
- 1/2 cup sliced almonds
- 1/2 cup walnuts (chopped)

Recipe courtesy of Bakerita

Instructions

1. Preheat the oven to 350°F.
2. In a medium bowl, combine the apples, pears, cinnamon, ginger, vanilla extract, vanilla powder or paste, coconut sugar, and tapioca flour. Stir to combine and coat all of the fruit evenly.
3. Pour all of the fruit filling into an 8×8" (or similarly sized) pan and set aside while preparing the crisp topping.
4. In a separate bowl, combine the almond flour, coconut flour, and coconut sugar.
5. Add the coconut oil and, using a pastry cutter, two forks, or your hands, work the coconut oil into the flour until it comes together into a coarse meal with no dry flour remaining.
6. Toss in the almonds and walnuts.
7. Cover the fruit evenly with the crumble topping and bake for 35 to 40 minutes or until golden brown and bubbling. If the topping is browning too quickly, tent the pan halfway through with aluminum foil to prevent burning.
8. Let cool slightly before serving warm. Store leftovers in the refrigerator for up to 3 days.



Gut-Healing Coconut Yogurt Parfaits

Coconut yogurt is rich in probiotics, which are essential for maintaining a healthy gut microbiome. This parfait combines the gut-healing benefits of probiotics with fiber-rich fruits and nuts.



Ingredients:

- 1 cup unsweetened coconut yogurt
- 1/4 cup mixed berries
- 2 dates (chopped)
- 1 tsp walnuts (chopped)
- 1 tsp pumpkin seeds
- 1 tsp pomegranate kernels
- 1 tsp sunflower seeds
- 1 tsp mint (chopped)



Instructions

1. In a small bowl or glass, add 1/2 cup coconut milk yogurt.
2. Add mixed berries and layer the rest of the coconut yogurt on top.
3. Pile on mangoes, dates, walnuts, pumpkin seeds, and sunflower seeds.
4. Garnish with pomegranate seeds and mint.

Recipe courtesy of Veggiecurian



Conclusion

As you've explored these recipes, we hope you've discovered new favorite dishes, learned about the power of gut-friendly ingredients, and noticed positive changes in how you feel. Remember, the path to optimal gut health is a personal one, and it's about progress, not perfection.

Here are some key takeaways to keep in mind as you continue your gut health journey:

- 1. Listen to Your Body:** Pay attention to how different foods make you feel. Everyone's gut is unique, so what works for one person may not work for another.
- 2. Variety is Key:** Aim to incorporate a wide range of gut-friendly foods into your diet. This helps ensure you're getting a diverse array of nutrients and feeding different beneficial bacteria in your gut.
- 3. Consistency Matters:** While occasional indulgences are part of a balanced life, consistently choosing gut-friendly foods is what leads to long-term improvements in digestive health.
- 4. Beyond Food:** Remember that gut health is influenced by more than just what you eat. Manage stress, stay hydrated, get regular exercise, and prioritize sleep for comprehensive gut support.

We encourage you to keep experimenting with these recipes, adapting them to your tastes and needs. Don't be afraid to get creative – some of the best dishes come from unexpected combinations!

Thank you for joining us on this culinary adventure in gut-friendly eating.

We hope these recipes become cherished parts of your regular meal rotation, supporting your health and delighting your taste buds for years to come.

Bon Appétit!
xoxo Laura & Jason