



**OptiBiotix®**  
• Online

Discover the delicious ways to incorporate WellBiome® into your daily meals.

These recipes are not just tasty but also packed with the goodness of WellBiome®, ensuring a healthier gut and overall well-being.

# WellBiome Berry Smoothie

## Ingredients

- 1 sachet of WellBiome®
- 1 cup mixed berries (blueberries, strawberries, raspberries)
- 1 banana
- 1 cup almond milk (or any milk of your choice)
- 1 tablespoon chia seeds
- A drizzle of honey (optional)

## Instructions

1. Combine all ingredients in a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy your gut-healthy smoothie!



# WellBiome Porridge Delight

## Ingredients

- 1 sachet of WellBiome®
- 1/2 cup rolled oats
- 1 cup milk (or water)
- A pinch of salt
- Fresh fruits for topping (banana slices, berries, etc.)
- Nuts and seeds (optional)
- A drizzle of honey or maple syrup (optional)

## Instructions

1. In a saucepan, bring the milk (or water) to a boil.
2. Add the rolled oats and a pinch of salt. Reduce the heat to low.
3. Cook, stirring occasionally, until the oats are soft and have absorbed the liquid.
4. Remove from heat and let it cool for a minute.
5. Stir in the WellBiome® sachet.
6. Transfer to a bowl and top with fresh fruits, nuts, seeds, and a sweetener of your choice.



WellBiome® is a mineral-enriched prebiotic fibre complex designed to support optimal gut health.

With a unique blend of science-backed ingredients, WellBiome® offers numerous benefits, including improved digestion, enhanced energy levels, and overall well-being.



Ready to elevate your daily meals with the goodness of WellBiome®?  
Visit our [website](#) to explore more recipes and order your pack today!