

GOOD GUT RECIPES



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YOUR GUT, YOUR HEALTH

There are a million recipe books out there, each with their own approach.

We should all be aiming to get 30g of fibre a day from plants (fruit, veg, legumes etc) and also 30 varieties of these each week.

The recipes in this pack are for inspiration about ingredients you maybe haven't used in a while, but also a guide to refer to when you're feeling a bit rushed and need a reminder of something to put together that's tasty and nutritious.

As with any recipe, you can tweak to your tastes and of course any allergies or intolerances

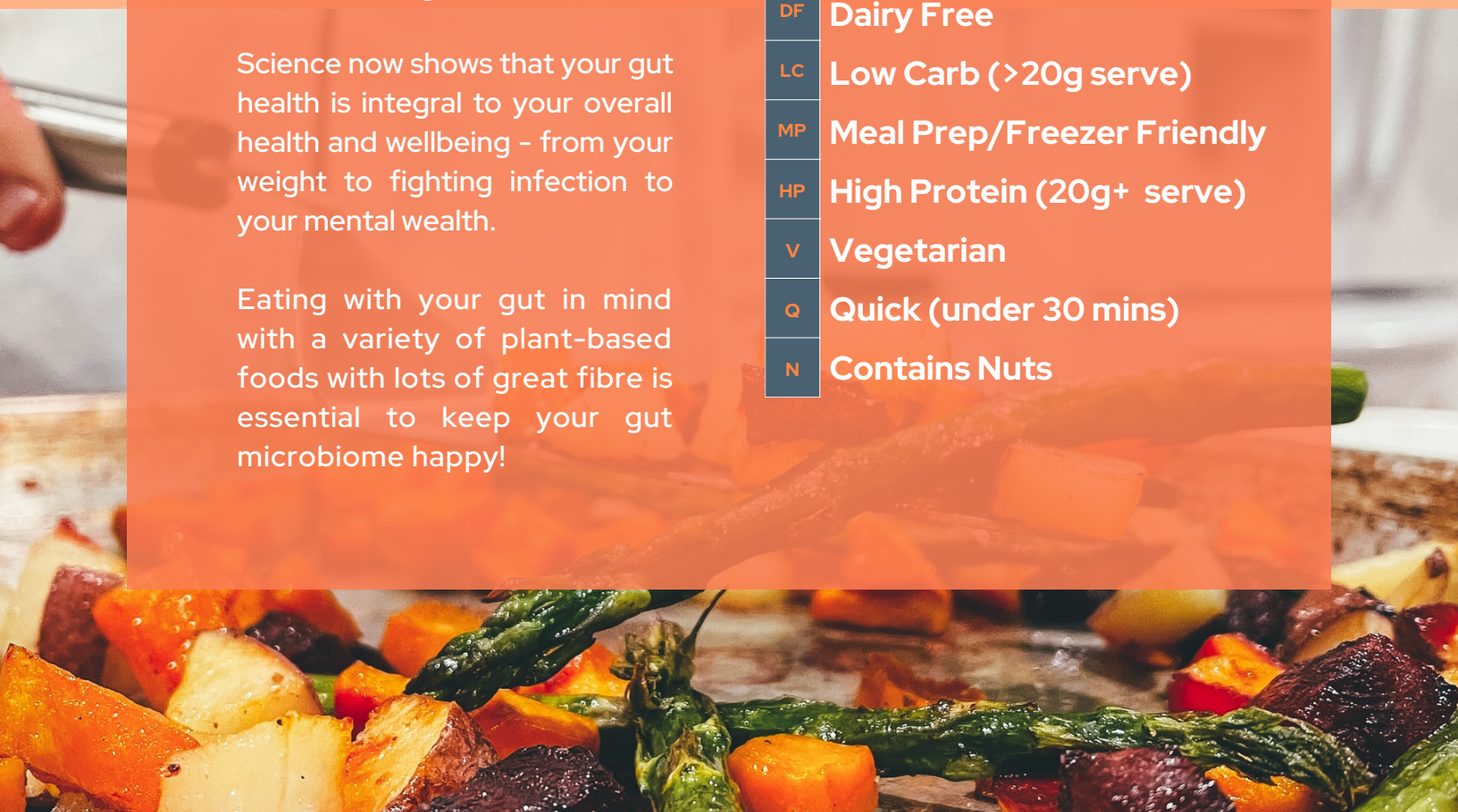
At one time, our digestive system was thought to be pretty simple: put the food in, absorb what your body needs then the rest goes out in waste.

Science now shows that your gut health is integral to your overall health and wellbeing - from your weight to fighting infection to your mental wealth.

Eating with your gut in mind with a variety of plant-based foods with lots of great fibre is essential to keep your gut microbiome happy!

RECIPE KEY

- GF** Gluten Free
- DF** Dairy Free
- LC** Low Carb (>20g serve)
- MP** Meal Prep/Freezer Friendly
- HP** High Protein (20g+ serve)
- V** Vegetarian
- Q** Quick (under 30 mins)
- N** Contains Nuts





Our handy recipes can provide some inspiration

EATING FOR GUT HEALTH

Gut health includes everything from chewing to pooping so it's the general condition of your digestive system. Good gut health helps us get the nutrients we need to live, for energy and to fight off infections.

Gut issues can mean unusual bowel movements, constipation, diarrhoea, heartburn, bloating, gas, stomach pain or cramps, perceived food sensitivities, nausea, fatigue, fever and more. Quite the list!

Most people understand that keeping their gut healthy is valuable to overall health. However, studies show that most people are in the dark about which foods to eat to maintain a healthy gut.

There's no one right answer but generally - avoid processed food, get a variety of colour, eat more plants, chew food until it's liquidy and try to relax around meal times. Your gut will thank you for it.

How often do you think about the choices you make every day that relate to your digestion?





Ripped Blueberry Smoothie

Serves 2

2 small bananas
2 cups (480ml) unsweetened soy milk
2 tbsp. almond butter
2 cups (300g) frozen blueberries
1 scoop vegan vanilla protein powder
1 handful spinach

What You Need To Do

1. Place all ingredients into a blender and blend on high speed until smooth.
2. Serve between 2 glasses.

Tip: To add sweetness, you can add 1 tablespoon of maple syrup.

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GF DF V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	379	12	55	20

*Nutrition per serving



Citrus Green Smoothie Burst

Serves 2

2 cups (60g) spinach
1 inch (2.5cm) piece of ginger 2 large grapefruits
1 cup (240ml) water
2 cups (280g) frozen mangos ½ lime
1 large celery stalk
1 apple
2 tbsp. hemp seeds

What You Need To Do

1. Juice the grapefruits and ½ of a lime and pour juice into into a blender.
2. Peel and chop the ginger. Cut up the apple and celery into large pieces. Place all the remaining ingredients into a blender, including the water. Blend until smooth.
3. Serve between 2 glasses.

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GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	367	7	75	13

*Nutrition per serving



Chocolate Blender Protein Pancakes

Serves 3

1 cup (90g) quick rolled oats
3 tbsp. cocoa powder
2 tbsp. vegan chocolate protein powder
1 tsp. baking powder
½ medium banana
1 tbsp. flax meal (ground flax seed)
2 tbsp. water
1 tbsp. vegan butter
1 ⅓ cup (320ml) unsweetened soy or almond milk
2 tbsp. maple syrup

What You Need To Do

1. To make the flax egg, start by mixing the flax meal and water in a small bowl and set aside.
2. Melt the vegan butter on the stove or in the microwave.
3. Pour the soy milk, flax egg and maple syrup into a blender. Then add in the rolled oats, banana, cocoa powder, chocolate protein powder and baking powder. Blend to a smooth consistency.
4. Heat a non-stick frying pan to a medium heat. Grease the pan with a little oil. Spoon in a little of the pancake batter and cook the pancakes until they start to bubble on one side. Flip the pancake over and cook for a further minute on the second side or until cooked through. Repeat this process for all the pancakes.
5. Serve the pancakes warm with a little maple syrup or vegan butter.

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GF DF MP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	300	9	42	12

*Nutrition per serving

Energising Matcha Chia Pudding

Serves 3

8 tbsp. chia seeds
2 cups (480ml) unsweetened soy or almond milk
2 tsp. maple syrup
1 tsp. matcha powder
½ tsp. vanilla extract
2 cups (380g) fresh berries of choice
1 apple

What You Need To Do

1. Place the chia seeds, matcha powder, vanilla extract, maple syrup and soy milk into a bowl and mix well to combine. Place the bowl into the fridge overnight.
2. Layer the matcha pudding into 3 glasses and top with chopped berries and apple slices.

Tips:

- For added protein, serve with an extra tablespoon of granola or hemp seeds.
- Don't like matcha, then leave it out.
- Preparation is 5 minutes plus soak chia seeds overnight.

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GF DF V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	313	13	42	11

*Nutrition per serving



Vegan Scramble

Serves 2

12 oz. (340g) extra firm tofu, drained and pressed
½ red onion
½ avocado
3 cups (90g) spinach
½ red bell pepper
¼ cup (12g) coriander leaf
2 cloves garlic
2 tsp. maple syrup
½ lime
1 large tomato
2 tbsp. vegan feta cheese

Ground Spices:

1 tbsp. nutritional yeast
¾ tsp. ground turmeric
¼ tsp. salt
½ tsp. onion powder
¼ tsp. ground cumin
pinch of black pepper

What You Need To Do

1. Chop the red onion, coriander, red bell pepper, garlic, and spinach and place into a bowl.
2. Take the pressed tofu and crumble it into a preheated, lightly greased frying pan. Cook on a medium heat and add in the ground spices. Add the vegetables and maple syrup to the pan and sauté for 5-8 minutes until the vegetables have softened and the spinach has wilted.
3. Divide between 2 plates and serve with a sliced tomato and avocado. Squeeze some lime juice over tofu and top with the coriander leaf and vegan feta cheese.

Tips:

- Replace the whole sliced tomato with a slice of sprouted grain toast if preferred. Nutrition info is with sliced tomato.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	8 mins	327	19	27	27

*Nutrition per serving

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Curry Chickpea Lettuce Wraps

Serves 2

1 can chickpeas
8 large lettuce leaves of choice
½ red bell pepper
½ medium red onion
½ tsp. curry powder
¼ tsp. ground cumin
½ tsp. maple syrup
3 tbsp. vegan mayonnaise
pinch of salt
¼ cup (12g) coriander leaf
mint or coriander for garnish

What You Need To Do

1. Mash the chickpeas in a large bowl. Finely chop the red onion and the coriander.
2. Mix the ground cumin, curry powder, maple syrup, coriander, red onion, pinch of salt and mayonnaise into mashed chickpeas.
3. Wash and dry the lettuce leaves. Divide the chickpea mixture between the 8 lettuce leaves. Slice the red bell pepper and place on top of the lettuce wraps and garnish with chopped mint or coriander.

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GF	DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
8 mins	0 mins	367	17	42	13

*Nutrition per serving



Orzo Italian Pasta Salad

Serves 2

1210g dried orzo pasta
1400g canned artichoke hearts
10 sundried tomatoes
½ small sweet onion
¼ cup (12g) chopped parsley
2 handfuls spinach
½ small red pepper
1 clove garlic, crushed
4 tbsp. lite Italian salad dressing of choice

What You Need To Do

1. Bring a medium-sized saucepan of water to a boil. Add in the pasta and cook for 10 minutes.
2. Meanwhile, drain and chop the artichoke hearts. Finely chop the sundried tomatoes, red pepper and onion.
3. Once the pasta has cooked, drain and pour into a large bowl. Mix the spinach into the hot pasta until it wilts slightly. Now add in the sundried tomatoes, onion, parsley, red pepper, crushed garlic, artichoke hearts and salad dressing. Mix well and serve.

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GF	DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	362	4	72	18

*Nutrition per serving



Roasted Glow Bowl

Serves 2

½ small cauliflower
1 head of broccoli
4 cups (170g) mixed greens 2
tbsp. sunflower seeds
2 tbsp. hemp seeds
¼ cup (35g) cultured
(fermented) vegetables of
choice (e. g. Sauerkraut)
2 tsp. avocado oil
salt and pepper

Dressing:

3 tbsp. hummus
2 tbsp. water

What You Need To Do

1. Preheat the oven to 350°F (180°C). Chop the cauliflower and broccoli florets into medium-sized pieces and place onto a baking sheet lined with parchment paper. Sprinkle the cauliflower and broccoli with salt and pepper and a drizzle of avocado oil. Bake for 15 minutes until the vegetables start to brown at the edges.
2. Place the greens into two separate bowls. Make the dressing by whisking the hummus and water together in a small bowl. Set aside.
3. Top the greens with the roasted broccoli and cauliflower. Sprinkle the bowls with sunflower seeds and hemp seeds. Top with the cultured vegetables and hummus dressing.

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GF DF LC MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
8 mins	15 mins	199	12	17	11

*Nutrition per serving



Vegan 'BLT' Wrap

Serves 2

2 whole-grain wraps
½ avocado
2 small tomatoes
2 cups (60g) lettuce
6-8 strips vegan smoked tempeh or vegan bacon
2 tsp. Dijon mustard

What You Need To Do

1. Take the smoked tempeh or bacon and cut into thin strips. Place a non-stick frying pan over a medium heat and spray the pan with a little oil. Cook the smoked tempeh or bacon on each side for 2 minutes until crispy.
2. Meanwhile, slice the tomatoes and avocado. Spread the whole-grain wraps with mustard. (You can also add vegan mayo if preferred.)
3. Top the wraps with lettuce, tomatoes, avocado, and smoked tempeh or bacon. Roll up the wrap and serve immediately.

Tip: If you want even more veggy goodness, use a lettuce wrap instead of a whole grain wrap.

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DF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	444	18	50	20

*Nutrition per serving



Roasted Tomato & Barley Soup

Serves 4

4 lbs. (1.8kg) small tomatoes
¾ cup (150g) uncooked barley
2 cups (480ml) vegetable stock
1 medium onion
1 tbsp. avocado oil
4 cloves garlic, crushed
2 tsp. fresh thyme
¼ cup (12g) freshly chopped parsley
1 tbsp. coconut sugar
salt & pepper

Spicy Chickpea Croutons:

14 oz. (400g) canned chickpeas
10 drops sriracha sauce or a few sprinkles of sriracha seasoning

What You Need To Do

1. Preheat the oven to 350°F (180°C). Cut up the tomatoes and place on a baking sheet. Season and drizzle with olive oil (optional) and bake in the oven for 35 minutes until soft.
2. Rinse barley in a sieve with cold water. Place the barley into a saucepan and cover with water until 1-inch (5cm) above the barley. Bring to the boil then reduce the heat to a low and allow to simmer uncovered for 35 minutes.
3. Drain the chickpeas and place them on a baking tray. Toss them with sriracha sauce and a sprinkle of salt and pepper. Place the tray into the oven and bake them for the last 10 minutes of the tomato cooking time.
4. Sauté the onion, crushed garlic, and thyme in a large soup pan. Add in 1 tablespoon of avocado oil (or vegetable stock), and sauté until the onions become translucent. Pour in ¼ of the whole roasted tomatoes and stir well.
5. Blend other ¾ of the tomatoes and blitz to smooth and pour into the soup. Add in the drained barley, chopped parsley, vegetable stock, coconut sugar and season to taste. Mix well to combine, bring to a boil and turn the heat down and allow to simmer gently for 10 minutes.
6. Serve the soup in bowls, topped with chickpea croutons.

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DF MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	50 mins	340	6	65	12

*Nutrition per serving



Thai Peanut Stir Fry

Serves 4

1 red bell pepper
½ small purple cabbage
½ medium yellow onion
230g edamame beans
1 large handful of spinach
280g ramen noodles
25g chopped coriander
roasted peanuts (optional)

Peanut sauce:

3 tbsp. peanut butter
1 lime, juiced
4 tbsp. soy sauce or coconut
aminos
3 cloves garlic, crushed
3 tsp. maple syrup
10 drops hot sauce

What You Need To Do

1. Slice the peppers, cabbage and onion into long thin strips.
2. Make the peanut sauce by mixing peanut butter, lime juice, soy sauce, crushed garlic, maple syrup, and hot sauce in a small bowl and stirring well to combine.
3. Add boiling water to large saucepan. Place the ramen noodles into the water and cook use as per packet. While the noodles are cooking, sauté the cabbage, red pepper, spinach, onion, and edamame beans for 2 minutes in a large frying pan over medium heat. Add the peanut sauce to the vegetables and mix well. Continue cooking until the vegetables are fully cooked, approximately 5-10 minutes.
4. Drain the noodles and add into the frying pan. Stir well to combine.
5. To serve, place the vegetables and noodles into a large bowl, top with chopped coriander. You can also add some roasted peanuts and a little soy sauce.

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GF DF MP HP V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	15 mins	429	12	64	22

*Nutrition per serving



Creamy Moroccan Stew

Serves 4

1 cup (140g) raw cashews
2 cups (480ml) water
1 onion
4 cloves garlic
4 celery stalks
4 medium carrots
¾ cup (140g) red split lentils
3 cups (720ml) vegetable stock
4 x 14 oz. (400g) canned chopped tomatoes
4-6 tsp. Moroccan spice blend of choice
¼ tsp. ground cayenne pepper
⅛ tsp. ground pepper
¼ tsp. salt
¼ tsp. ground cinnamon
lime juice (optional)
freshly chopped coriander (optional)

What You Need To Do

1. Place the cashews into a bowl of warm or hot water
2. Chop the onions, carrots, and celery and crush the garlic cloves. Heat 1 tbsp of veg stock in a saucepan and gently sauté the onions, carrots and celery for 2 mins. Then add in the garlic and stir for a further min.
3. Pour in the chopped tomatoes, veg stock, 4 tsps of Moroccan spice blend, cayenne pepper, salt, ground pepper, cinnamon, and lentils. Mix well and bring to a boil. Reduce the heat and allow to simmer for 15 mins. Taste the stew and add more Moroccan spice blend if needed.
4. Drain the cashews and place them into a blender. Add one cup of water and blend until smooth to make a cream. Pour the cashew cream into the stew and allow it to simmer on low for another 5-10 mins until the lentils have softened.
5. Divide the stew between 4 bowls and serve with a squeeze of lime juice, freshly chopped coriander and tomatoes.

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GF DF MP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	20 mins	278	15	26	15

*Nutrition per serving



Banana Blueberry Whole Wheat Muffins

Serves 12

4 overripe bananas
1 cup (240ml) unsweetened soy milk
1 tsp. apple cider vinegar
2 tbsp. flax meal
4 tbsp. water
1 tsp. vanilla extract
¼ cup (55g) avocado oil
2 cups (240g) wholewheat flour
½ tsp. ground cinnamon
1 tsp. baking powder
½ tsp. baking soda
½ cup (90g) coconut sugar
½ cup (95g) blueberries

What You Need To Do

1. Preheat the oven to 350°F (180°C) and line a muffin tin with paper liners.
2. To make the flax eggs, mix the flax meal with 4 tablespoon of water, stir well and set aside. Mix the soy milk in a separate bowl with the apple cider vinegar and set aside.
3. In a large bowl, mix together all the dry ingredients.
4. Mash the bananas in a medium-sized bowl and pour in the flax eggs, soy milk, vanilla extract and oil. Mix well with a large spoon.
5. Form a well in the dry ingredients and pour in the wet banana mixture. Fold the ingredients together until just incorporated and then add in blueberries. Gently fold through the blueberries until just mixed. Do not over mix the muffin batter.
6. Place ¼ cup of batter in each muffin liner. Once filled, place the tray in the oven and bake for 22-25 minutes until a toothpick inserted into the muffin comes out clean.
7. Remove the muffins from the oven and allow to cool on the wire rack. Once cool, place the muffins in an airtight container where they will keep for 2 days (longer if stored in the fridge).

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DF MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	22-25 mins	193	6	33	4

*Nutrition per serving



Lemon Poppy Seed Bliss Balls

Makes 16

3 cups (336g) almond flour
2 tbsp. vegan vanilla protein powder
2 tbsp. poppy seeds
zest of 1 lemon
1½ tbsp. lemon juice
⅓ cup (115g) maple syrup

What You Need To Do

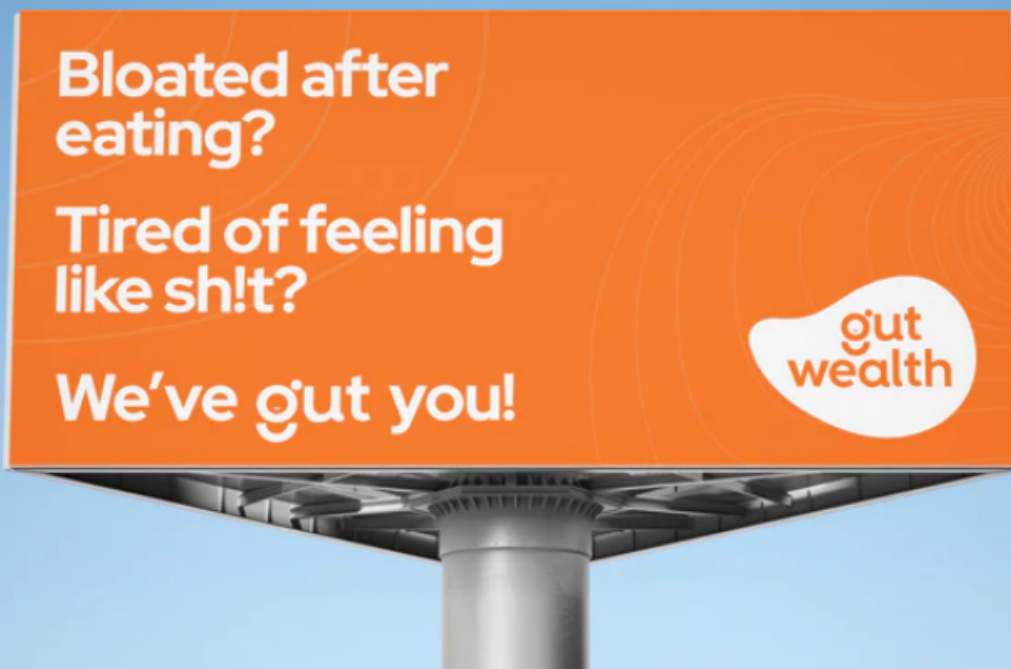
1. Mix all ingredients together in a bowl. Roll the mixture into 16, 1 inch balls. Store in the fridge in an airtight container.

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GF	DF	LC	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	150	11	10	5

*Nutrition per serving



MORE FREE RESOURCES

You can choose to get gut educated to help manage some or all of the symptoms you're experiencing.

Wouldn't it be great to be free from worrying about you gut? There's lots going on in your digestion. Once you build or rebuild your good gut habits every day, you'll realise better health was at your fingertips this whole time.

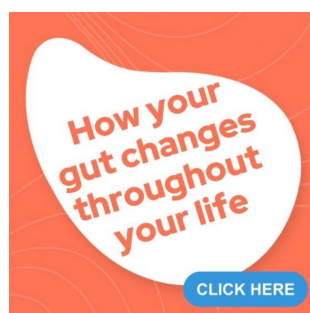
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The best foods to add more of to fuel your gut microbiome and improve your gut health



Getting to know your gut and terminology you might hear as you get gut educated



Understand the changes your gut goes through as you age, as you adapt your lifestyle and how you live your life



A look at how your gut and brain are connected

CONNECT WITH US

For helpful reminders and realistic tips to help you manage your gut health and digestive wellbeing, connect with us.



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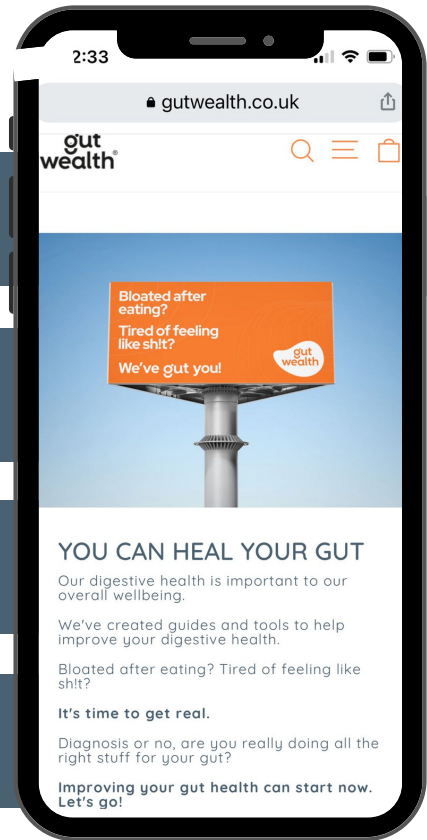
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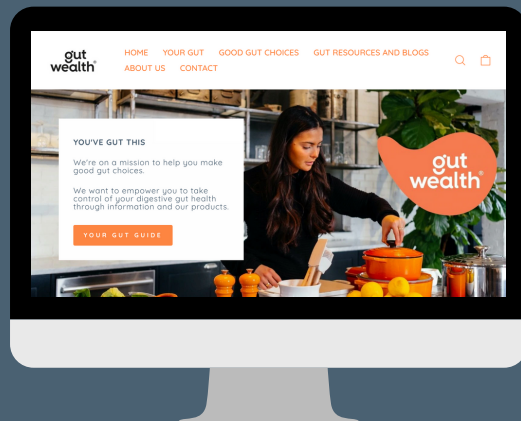
Gutsy Health Limited



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trust your gut.**

Find out more here:

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