

The
hyperbiotics[®]
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OPTIMAL EATING FOR GUT HEALTH

We know that probiotics are at the top of the list as far as optimizing digestion, supporting a balanced immune system, and promoting daily energy and overall wellness and vitality.

And while an effective, high-quality probiotic supplement is an excellent place to start, a diet that also consists of prebiotics (the natural fibers that feed and nourish the good bacteria in our bodies) can take you even further when it comes to achieving a healthy system in the long-run.

You see, our bodies (and gut flora) evolved over millions of years based on a fibrous, unrefined, whole food and prebiotic-rich diet. Only recently have we discovered that many of our modern food habits are leaving us deprived of the right amount of fiber and other micronutrients that are needed to support our probiotic colonies.

Think of it this way: probiotics are the good guys that keep your body strong and supported and go to battle for you, and prebiotics are the critical nutrients that help them thrive.

Eating foods high in prebiotic fiber works to keep our immune system balanced (as more than 80% of our immune system cells reside within the gut environment) and to support mental, digestive, and overall health simply by feeding our probiotic bacteria.

The great news is that simply switching to a **whole food, slow food, real food** philosophy (which often means shopping on the outside aisles of the supermarket) and incorporating a diet high in plant-based foods can do wonders for our probiotic friends. Studies show that the foods we eat can cause dramatic and rapid shifts in our microbial makeup.

In fact, we're so passionate about gut healthy foods that we've put together some of our favorite plant-forward recipes that feature the most nourishing ingredients for your digestive tract.

Nature gifted us thousands of foods that work in perfect harmony with our bodies, and adding them to your daily or weekly routine can both spice up your palate and encourage your body to feel and work at its best.

To healthy culinary adventures and vibrant living,

Jamie
& the **hyperbiotics**® team

P.S. We'd love to hear about your favorite recipes so we can include them too! Find us online or on Facebook, Instagram, Pinterest, and Twitter! **#hyperliving**



GUT HEALTHY FOODS

Prebiotic-Rich Ingredients to Include:

Asparagus	Fennel	Oats
Acacia Gum (or Gum Arabic)	Flaxseeds	Onions
Artichoke	Garlic	Persimmon
Bananas	Grapefruit	Pistachio Nuts
Broccoli	Green Peas	Pomegranate
Brussels Sprouts	Dandelion Greens	Shallots
Burdock Root	Honey	Radish
Beetroot	Jerusalem Artichoke	Rambutan
Cabbage	Jicama	Red Kidney Beans
Cashews	Kale	Rutabaga
Cauliflower	Kiwi	Tamarillo
Chickpeas	Leeks	Watermelon
Chicory Root	Legumes	White peaches
Collard Greens	Lentils	Whole Grains (including Barley and Rye)
Endive	Mushrooms	
	Nectarines	

Probiotic-Rich Ingredients to Include:

Yogurt	Fermented Vegetables such as:
Kefir	Carrots
Buttermilk	Green Beans
Aged Cheeses	Beets
Kombucha	Cucumbers (Sour Pickles)
Kimchi	Traditional Cured Greek Olives
Raw Apple Cider Vinegar	Beets
Sourdough Bread	Turnips
Sauerkraut (Fermented Cabbage)	Miso, Natto, Tempeh, Tamari, and other sources of fermented soybeans

TIPS FOR HEALTHY COOKING

Adding more fruits, vegetables, and whole grains into your meals can feel a little daunting if it's not in your typical routine. We've put together a few key tips that can help you curb your fears about revolutionizing your food choices and make it much easier to transition to a healthier diet with ease.

Shop smart.

It can be tough when you're wandering the grocery aisles trying to sort out the healthy foods from the not-so-great ingredients. You can study nutrition labels at length but how do you know which items are really the best for you? Here's a simple rule of thumb we like to use: stock up on the food that lives on the outermost aisles of the grocery store. That's where you can typically find foods in their natural state like fresh produce, the best meats, and bulk quantities of grains, nuts, and seeds.

As often as you can, make the choice to purchase organic fruits, vegetables, spices, bases, and condiments. USDA organic means that the food you're eating is free of synthetic additives like pesticides and chemical fertilizers and that it's been minimally processed without the use of industrial solvents. Fruit with thin skin such as apples, grapes, peaches, and nectarines is especially best to consume as organic because sometimes pesticides can penetrate the fruit right through the skin, making it less than ideal for your system.

When purchasing animal protein, resist the temptation to simply buy the least expensive cut of meat you can find. Take care that the meat and dairy you're eating is grass-fed or free-range and that the animal it comes from is raised without being fed antibiotics. This is of particular importance because the presence of antibiotics in our food can affect our gut flora.

Plan and preserve.

Fresh produce doesn't last long, so it's important to create a plan for how you'll utilize your newly purchased plant-based bounty. By planning out next week's meals before you head to the market, you can stay ahead of the game and ensure that you can stretch your food (and your dollar) as far as it will go.

Try cooking in batches throughout the week to easily keep healthy lunches and dinners on-hand so that you're not tempted to stray off course. Another great tactic is to portion out your weekday smoothies or breakfast ingredients for the week in the refrigerator so that they're ready to go when you're in the midst of the hectic morning routine.

Keep it simple.

The wonderful thing about plant-empowered recipes is that the ingredients are fairly straightforward. Start with the fruits and veggies that you already like, and build up the stock of your pantry with items you can use over again like sea salt, coconut oil, almond flour, dried herbs, raw local honey (or sweetener of your choice), and a hearty, whole grain bread. Do what you can to avoid highly processed foods like bleached flours and refined sugars and oils.

Nut milks and butters are great to have on hand as well and are easy to make in a few simple steps. With the addition of your clean meat and dairy items, the odds are that your grocery bags will be heavy, which is a good thing - because they're filled with real food!

Be inspired!

It's important to remember that salad isn't the only healthy meal out there. There are so many opportunities to integrate whole food and ingredients into your cooking - it doesn't have to be boring!

In fact, by getting creative and attempting to venture outside of your culinary comfort zone, you might just discover that there is an entire world of delicious, good-for-your-gut food out there just waiting for you to tap into. You can easily tweak your family's favorite dishes and encourage them to try new things while also looking out for their well-being. From trying something new once a week to once a month to recruiting household sous chefs, you can even make Operation Gut Health a family affair!

DRINKS & SMOOTHIES

The sugary, high-calorie drinks we consume throughout the day can wreak havoc on our gut flora. Warm water with lemon is a great place to start to aid the digestive system and cleanse the liver. However, if you're in the mood for something with a little more umph, here are some of our favorite hot and cold beverages that can help keep your gut in great shape.

De-bloating Tea

The deep, earthy flavors in this refreshingly minty tea can warm you through and through. It's also invaluable when it comes to reducing bloating. Cinnamon has been used for thousands of years as a natural anti-bacterial and anti-inflammatory, and it's even been known to boost feelings of alertness and awareness.

Ingredients:

- ½ teaspoon of dried fennel
- ½ teaspoon of dried coriander
- ½ teaspoon of dried cumin seeds
- A bunch of fresh or dried peppermint
- 1 teaspoon of cloves
- 1 whole cinnamon stick

Bring 5 to 6 cups of water to boil. Add all of the ingredients to the boiling water and turn off the stove. Let the tea steep for 5 minutes or so. Strain as you like and enjoy!

Roasted Dandelion Root Coffee

Coffee lovers, this one's for you. The most unpopular plant in your neighborhood is actually good for your gut and tastes just like coffee when roasted.

Dandelion root is brimming with prebiotics: the natural fiber that feeds our gut bacteria and helps it colonize and keep us well. You can find roasted dandelion root online or in your local health food store. Dandelion root coffee is a caffeine-free coffee alternative that is rich in nutrients and aids and supports digestion.

Ingredients:

- 4 cups of water
- 2 tablespoons of ground roasted dandelion root
- 2 tablespoons of ground roasted chicory root
- 1 whole cinnamon stick

Place the water, dandelion root, chicory root, and cinnamon stick in a pot and bring to a boil. Reduce the heat to a simmer for 5 minutes or so. Pour the coffee through a small mesh strainer into cups and serve. You can add a bit of fresh almond milk or honey to make it even tastier.



Ultimate Immune-Boosting Smoothie

This ultra-creamy smoothie is overflowing with nutrition and can even stand alone as a healthy mini-meal. Perfect for a light breakfast or mid-afternoon snack, the ginger, coconut, and avocado act as anti-inflammatory agents in the body and provide other benefits such as potassium and omega 3s. With plenty of vitamin C (thanks to pineapple's natural antioxidant power), this immune-enhancing smoothie can help power you through your days.

Ingredients:

- 1 teaspoon of ginger, freshly grated
- 1 cup of frozen pineapple chunks
- 1 large banana
- ½ cup of water
- ½ cup of coconut milk or water
- ¼ cup of fresh parsley leaves
- 2 tablespoons avocado

Blend all ingredients in a high-powered blender until smooth. You can add a handful of berries for an added touch of sweetness or even a handful of fresh mint leaves for a cooler flavor and boost of nutrition. If you want a colder smoothie that feels more like a milkshake, peel and freeze your bananas before you blend them.

Clean Hot Chocolate

Raw cacao is a lot like chocolate (it comes from the cocoa bean), except that it's in powder form, leaves out the cacao butter (aka the fat content), and is cold-pressed instead of roasted at a high heat which leaves the healthy enzymes and fiber intact and makes it one of nature's superfoods. Both healthy and delicious, cacao is the perfect ingredient for a high-fiber hot chocolate that nourishes the good bacteria in your gut environment.

Ingredients:

- 1 cup of almond or coconut milk (try making it from scratch!)
- 1 tablespoon of raw cacao, to taste
- 1 teaspoon of stevia or honey, to taste
- Cinnamon or peppermint extract (optional but recommended)

Warm the nut milk on a low setting and whisk in the raw cacao and stevia or honey. Don't be scared to adjust the ingredients in this recipe to fit your tastebuds. As soon as it's hot, it's ready to go. Experiment with how chocolatey and sweet you like it!

Cinnamon Berry Smoothie



Maple, berries, and cinnamon - oh my! Cinnamon is known for being a super spice with many health benefits, especially in regard to your gut and immune system. If the sweet flavors of french toast topped with luscious berries speak to your soul, here is a light and healthy smoothie that you'll love.

Ingredients:

- 1 ½ cups almond milk
- ½ avocado
- 1 cup kale
- 1 cup frozen berries
- ¼ teaspoon cinnamon
- 1 tablespoon of maple syrup, to taste (optional)

Blend ingredients in a high-powered blender until smooth. You can save the maple syrup until the end to taste-test for the flavor profile that speaks to you.

Ginger Cherry Limeade

There's just something about the warming spice of ginger combined with the tart, refreshingly sweet zing of cherry and lime. This frozen beverage is technically a healthy fruit smoothie but tastes like just like a mocktail when you add sparkling water - which makes it perfect for entertaining!

Ingredients:

- 1 cup of lime juice, freshly squeezed
- ¼ cup of raw local honey
- ½ teaspoon of ginger, freshly grated
- 2 cups fresh or frozen pitted cherries
- 1 whole lime with skin on, chopped roughly
- 4 – 6 cups sparkling water

Add the lime juice and honey in a saucepan and whisk on a low heat until fully combined – about 1 minute. Allow this syrup to cool.

Place the syrup in your high-powered blender with the cherries and whole lime and puree until it's smooth and frothy. Transfer to a glass jug or large mason jar and add in the desired amount of sparkling water. Garnish with mint leaves and lime.

BREAKFAST

Wake up and feed your body right. What you eat for breakfast can make all the difference in your energy and how you feel throughout the day. Unfortunately, many of us are running low on time when rushing to get kids to school and adults to work. These breakfast recipes are simple, nutritious, and guaranteed to fuel you for your day.

Hearty Oat Bran Breakfast Cakes

Headed out the door in a hurry? These oat bran cakes are not only filling but the electrolytes from the coconut can help you start your day out right. The fiber from these breakfast cakes make them a morning must-have for benefitting your gut flora. Make a big batch of them on Sunday, and you'll be set for the week!

Ingredients:

- ½ cup of rolled oats
- ½ cup of oat bran
- ¼ cup of coconut sugar
- 1 tablespoon of desiccated coconut
- 2 tablespoons of sunflower seeds
- 1 tablespoon of pumpkin seeds
- 1[⁄]₃ cup of coconut oil
- Optional: raisins or dried cranberries

Pre-heat the oven to 400°F. Combine the oats, oat bran, coconut sugar, coconut, sunflower seeds, and pumpkin seeds together and mix in a large bowl. Melt the coconut oil gently in a saucepan and mix in the dry ingredients. Transfer the mixture to a baking dish, and press the mixture down into the pan. Bake for 30-40 minutes until the edges turn golden brown.

It's easiest to cut them into squares right after you remove them from the oven, but leave them to cool before popping them out of the pan. You can eat them as they are, or pair them with fruit or your morning cup of tea. This recipe makes about 16 pieces.

Apple Flaxseed Waffles

An excellent source of fiber and omega-3 fatty acids, flaxseeds have been linked to improved cardiovascular health and immune health due to their micronutrient goodness. This ultra-simplified waffle recipe contains just a handful of whole foods combined to form a quick and warm breakfast that's top-notch for your tummy and free of refined ingredients.

Ingredients:

- 1 apple, peeled and grated
- 3 tablespoons of ground flaxseed
- 1 egg
- 2 tablespoons of raw local honey
- A pinch of cinnamon

Combine all of the ingredients in a mixing bowl until moistened. Pour the batter in a waffle iron or cast iron skillet cook until done. Sprinkle with a pinch of cinnamon and serve with honey.

Overnight Oats & Chia

If you're time-crunched in the morning, here's a secret weapon for a healthy breakfast that you can throw together the night before. Chia seeds are high in protein and fiber, and they absorb any liquid that they are soaked in - giving them a soft and filling texture that's perfect for a hearty breakfast dish.

Ingredients:

½ cup of rolled oats
2 tablespoons of chia seeds
1 cup of almond milk
4 tablespoons of maple syrup
1 cup of frozen berries
A pinch of cinnamon

In a mason jar or carafe of your choice, combine the oats, chia seeds, almond milk, and 1-2 tablespoons of maple syrup. Be sure to stir well and then place the mixture in the refrigerator. Place the frozen berries in a saucepan and warm over medium heat for about 5-10 minutes, or until the fruit begins to release its juices and you have a nice consistency. Add in 2 tablespoons of maple syrup and cook for about 5 more minutes, stirring often so the natural sugars in the maple syrup don't burn. Allow the berry mixture to cool. Combine the entire batch of stewed berries with your oats, chia seeds, and almond milk and store in the refrigerator until morning.

When you're ready to eat, top off this delicious purple "pudding" with any toppings you like. We suggest bee pollen, fresh fruit, coconut flakes, and cinnamon.

Simple Veggie Frittata



Frittatas might sound like they take a lot of time and effort, but they're actually quite simple to assemble from any of the ingredients you have on hand. Include zucchini or squash to increase the amount of dietary fiber, and be sure to throw in some garlic to help with digestion!

Ingredients:

6 eggs
½ cup of coconut milk
1 medium sized onion, thinly sliced
3-4 cups of diced zucchini and/or summer squash
2 garlic cloves, sliced thin
Sea salt, to taste
¼ cup of fresh chives (or herb of choice)

Pre-heat the oven to 350°F. Heat an oven-proof pan over medium-high. Melt a few tablespoons of coconut oil, then add the onions and zucchini. Cook until soft. Add the garlic and continue cooking until aromatic and the garlic is golden. While the onions, zucchini, and garlic cook, whisk the eggs, coconut milk, chopped herbs, and sea salt together in a bowl.

Pour the egg mixture into the vegetable pan, then transfer into the oven. Bake for about 15-25 minutes. You can check to see if it's done by using a toothpick or fork in the middle. Once set, remove your frittata from the oven and enjoy!

SNACKS & APPETIZERS

From filling appetizers to simple and flavorful bites, it's crucial to have some veggie-forward snacks up your sleeve. These microbiome-friendly recipes pack a slightly sweet yet salty punch that excites the senses and can carry you through to your next meal. Plus, they're all extremely easy to throw together. You'll be snacking in no time!

Sweet n' Salty Avocado Toast

For a super quick snack that's easy on your tummy and loaded with health benefits, you can always count on avocados. Prized for their nutrient value, avocados are rich in flavor and texture - making them a near perfect companion to whole grain toast or crackers. With a dash of sea salt and a bit of honey, this avocado toast hits all the right notes.

Ingredients:

- 1 ripe avocado
- 1 teaspoon of honey
- Sea salt, to taste
- Bread of your choice

Scoop the flesh of both halves of the avocado into a bowl. Drizzle the avocado with honey and smash together gently into your desired consistency to combine. Spread over toasted bread and sprinkle with sea salt.

Sea Salt Kale Chips

Not partial to kale? This addicting recipe is sure to change your mind. Kale is high in fiber and offers a myriad of nutrients and vitamins, including natural folate and magnesium. You can dress up kale chips in a variety of ways, and we just love them with a dash of nutritional yeast for a slight cheesy flavor. Here's our go-to recipe for a crispy, salty snack that the whole family will love.

Ingredients:

- 1 bunch of kale (whichever kind you'd like to use)
- 1 tablespoon of olive oil
- 2 tablespoons of nutritional yeast
- Sea salt, to taste

Pre-heat the oven to 300°F. Rinse and dry the kale, and then remove the stems and tough center ribs. Cut the kale into large pieces and toss them in a bowl. Lightly coat them with olive oil and sprinkle with sea salt. Arrange leaves in a single layer on a large baking sheet lined with parchment paper. Bake for 20 minutes or until crisp. Sprinkle with nutritional yeast and allow them to cool. Serve at room temperature.

Homemade Nutella



If you could eat any one food for the rest of your life and die happy, that food might just be nutella. You'll never believe how easy it is to recreate this creamy chocolate spread in all of its hazelnut glory with just a few key ingredients. It's a scrumptious snack you can whip up in no time, and it pairs well with just about everything. Spread it on your toast, use it as a dip for your fruit, or blend it into your favorite dishes. It's like a little homemade jar of love!

Ingredients:

- 2/3 cup of hazelnuts
- 1/4 teaspoon of salt
- 1 cup cacao powder
- 1/2 cup of coconut oil
- 4 tablespoons of maple syrup

Soak your hazelnuts in water overnight. The next day, drain and rinse well.

Place the hazelnuts in a food processor and blend until fine. Add salt and pulse to combine. Alternate adding small portions of first the cacao powder followed by the coconut oil, blending to combine after you've added each one. Repeat this process until you've added all of the cacao powder and coconut oil and all is blended. Add maple syrup in a thin stream to form a paste. If mixture gets too dry, add 1-2 tablespoons of warm water while you pulse in the food processor. Place in an airtight container and store for up to a week.

Garlic Zucchini Hummus

Hummus is one of our all-time favorite snacks. It's so versatile, and it goes well with practically everything! While chickpeas are delightful, garlic zucchini hummus is a bit lighter with a lemony twist and serves as the perfect delectable dip to accompany your favorite baked veggie chips or fresh produce. Zucchini is also one of the best sources of dietary fiber found in nature, so the more you can sneak into your diet, the more your gut will thank you.

Ingredients:

- 4 cups of zucchini, peeled and chopped into large pieces
- 3/4 cup of sesame tahini
- 1/4 cup of olive oil
- Juice of 4 lemons
- 4 garlic cloves, peeled and chopped
- 1 tablespoon of cumin
- 2 teaspoons of sea salt
- 1/4 teaspoon of paprika (for garnishing)

Place all of the ingredients (except paprika) into your food processor or high-powered blender. Blend all of the ingredients until combined and the consistency is smooth. Pour the mixture into a bowl. Top with paprika and a drizzle of olive oil as a garnish, if you'd like. Pair this hummus with raw veggies or even toss it on your salad as dressing. It should stay fresh in your refrigerator for up to a week.

MAIN COURSES

No need to dread feeling bloated and uncomfortable after eating these luscious main meals! These are, hands down, our favorite entrees featuring an array of prebiotic foods that make for a fresh and hearty lunch or family dinner that leaves you and your crew feeling satiated and sustained.

Parchment Salmon & Asparagus

Salmon is loaded with protein and omega-3s, and it's incredibly simple to prepare - which is why we love this recipe so much. Since the body can't make it's own omega-3 fatty acids, the best way to get them in is through your diet. This recipe is perfect on its own or served with additional veggies.

Ingredients:

- ¾ to 1 lb wild-caught salmon
- 2 large handfuls of of asparagus
- Drizzle of olive oil
- 2 tablespoons of fresh dill
- 2 tablespoons of balsamic vinegar
- Sea salt and black pepper, to taste
- Parchment paper

Trim the ends from the asparagus and toss them with olive oil and a touch of black pepper. Lay two large rectangles of parchment paper and divide the asparagus between the two. Cut the salmon into two even portions, and then drizzle them with the balsamic and add the dill. Place one piece of salmon on each stack of asparagus and add a tiny splash of oil. Roll the parchment up and fold into packages, placing on a baking sheet.

Pre-heat the oven to 375°F. Place the baking sheet in the oven for about 20 minutes. Do not open the parchment packages while they're cooking. When the timer goes off, check the parchment and if the edges are nice and brown, the fish is most likely done. If the edges aren't quite browned, leave it in for another 2-3 minutes. Remove from the oven and serve warm.



Braised Beef with Mushrooms

Nothing brings the family together like sitting down together to share in a healthy bounty of food. If you thought you had to give up red meat for digestive reasons, think again! The quality of ingredients you use will truly benefit this tasty roast, so do your best to pick the very best. Your digestive system and tastebuds will be singing with joy.



Ingredients:

- 1½ pounds of grass-fed beef, cubed
- 2 tablespoons of coconut oil, divided
- 2 tablespoons of coconut flour
- 1 pound of portobello mushrooms, sliced
- 1 onion, diced
- 3 stalks of celery, diced
- 3 garlic cloves, minced
- 1 tablespoon of fresh tomato paste
- ½ cup of red wine (optional)
- ¼ cup of balsamic vinegar
- 2 rosemary sprigs
- 3 thyme sprigs
- 1 cup of broth (beef or vegetable)
- Sea salt and pepper, to taste

Pre-heat the oven to 300°F. Cut the beef into cubes and toss beef in with coconut flour, salt, and pepper. Heat coconut oil in Dutch oven or oven-proof pan with a lid over medium. Brown the meat on all sides, remove it from the Dutch oven, and set aside. Add another tablespoon of coconut oil to the Dutch oven.

Now you can add your onions, mushrooms, and celery - sauté them until they're translucent and starting to brown. Stir in the tomato paste and let cook for about 30 seconds.

Add the garlic, beef, wine, vinegar, rosemary, thyme, and broth of your choice and bring everything to a boil. Now you're ready to get it in the oven! Cover and cook for about 3-4 hours or until beef is tender and falling apart. Serve over rice or simple mashed cauliflower.



Spaghetti Squash with Cauliflower Alfredo

Spaghetti squash is a versatile and filling alternative to traditional pasta noodles - and so much better for you! Kid friendly and good for your gut, spaghetti squash is filled with fiber and has even been known to help regulate blood sugars. Paired with a prebiotic-rich cauliflower alfredo sauce and fresh basil, this crowd-pleasing meal readily supports the digestive system.

Ingredients:

- 1 spaghetti squash
- 1 - 2 teaspoons of olive oil
- 1 large red bell pepper, diced
- 1 cup of mushrooms, diced
- 1 small onion, diced
- 1/4 cup of fresh basil
- 1 - 2 tablespoons of coconut oil

For the Sauce:

- 1 large head of cauliflower
- 2 cups of unsweetened nut milk of your choice
- 5 garlic cloves, crushed
- 2 tablespoons of nutritional yeast
- Pink Himalayan salt, to taste
- 1 pinch cayenne pepper, to taste

Pre-heat the oven to 350°F. Cut the spaghetti squash in half and scrape out all the seeds from the inside. Rub olive oil on the inside of the spaghetti squash and bake face down for about 45 minutes. Use a fork to scrape the inside of the squash out to use as "pasta" (you'll notice that the squash pulls apart into thin strands similar to spaghetti noodles).

To make the sauce, cut the cauliflower into florets and boil them in a large pot for about 15 minutes or until tender. Strain the cauliflower and put them in a high-powered blender or food processor along with milk, nutritional yeast, pink Himalayan salt, cayenne pepper, and garlic and blend until smooth and creamy. Dice the red bell peppers, onions, and mushrooms, and sauté them in a sauce pan until they're tender. Combine the veggies, spaghetti squash pasta, and cauliflower alfredo sauce. Toss with fresh chopped basil right before serving.

SIDES

To be fair, these veggie dishes can stand on their own as lighter entrées - but they showcase such a variety of vegetable superstars that we see them as the perfect accompaniment to any salad or protein. We love vegan and vegetarian meals, and these are great options whether you prefer your meat on the side or not at all.

Mediterranean Leeks & Lemon

Leeks belong in the same family as onion and garlic and are chock full of prebiotic fiber - meaning that they can basically do no wrong in our eyes. One of our favorite preparations of leeks is pairing them with alkalizing lemon and roasting them to perfection. These taste great in the company of a wild-caught white fish like halibut or cod.

Ingredients:

1/4 cup of olive oil
3 garlic cloves, finely chopped
1 tablespoon of coconut sugar
2 pounds of leeks, finely chopped (white parts and tender green areas only)
1 lemon, juiced
Salt and pepper, to taste

Heat olive oil in a large frying pan over medium-low. Add the garlic and sugar and cook in the hot oil until garlic is lightly browned, about 3 to 5 minutes. Add the chopped leeks to the garlic mixture. Cook and stir until leeks are lightly browned, about 10 minutes.

Drizzle lemon juice over leek mixture and season with salt and pepper. Cover pan and cook over low heat until leeks are tender, 15 to 20 minutes.

Simple Mashed Cauliflower

You'll never even miss the mashed potatoes. Mashed cauliflower is an outstanding source of prebiotics, vitamin C, vitamin K, folate, and other B vitamins, making it a delicious and healthy side dish to pair with just about anything.

Ingredients:

1 medium head of cauliflower
1-2 garlic cloves, minced
2 tablespoons of coconut oil, melted
1/4 cup of unsweetened nut milk of your choice
Salt and pepper, to taste
Optional: chives or other fresh herbs

Pre-heat the oven to 400°F. Chop the cauliflower into florets and steam until they're tender. Put the cauliflower in your high-powered blender or food processor along with the garlic and coconut oil. Puree the mixture until smooth. Slowly add milk until the consistency is thick and creamy. Salt and pepper to taste.



Ginger Sesame Soba Noodles

Sesame soba noodles are a delicious, healthy alternative when it comes to satisfying that inevitable craving for take-out. Soba noodles are made from buckwheat which nourishes and energizes the body, and we love to add fresh ginger for the digestive benefits and dynamite flavor combination.



Ingredients:

- 1 package of buckwheat soba noodles
- 1 medium sized carrot, julienne
- ¼ cup of cilantro, roughly chopped
- 2 scallions, thinly sliced
- 4 cups of purple cabbage, thinly sliced

For the Dressing:

- 2 tablespoons of toasted sesame oil
- 4 tablespoons of sesame oil
- 2 tablespoons of tamari
- ¼ cup of apple cider vinegar
- 2 pitted dates
- Juice of 1 lime
- 2 tablespoons of freshly minced or grated ginger
- 2 garlic cloves
- 2 tablespoons of black sesame seeds

Bring a large pot of salted water to a boil. While the water is coming to a boil, roughly chop your carrot, cilantro, scallions, and cabbage.

Add the soba noodles to the boiling water and cook them until they're tender.

Drain and run cold water over them until completely cooled. Place your soba noodles into a bowl and drizzle with a touch of sesame oil. Add the carrot, cilantro, scallions, and cabbage.

Prepare the dressing by adding all of the ingredients to your high-powered blender or food processor and blending on high for about 45 seconds. Pour your desired amount of dressing onto your noodles and vegetables and toss to combine. Sprinkle with sesame seeds and serve with the protein of your choice. You can save them in the refrigerator for up to a week!

Roasted Squash and Lentils

You'll have the whole house smelling like a dream as you curl up with this dish to warm your bones and balance your microbiome. Lentils are a powerful source of dietary fiber, so when you eat them you can rest assured that you're feeding your gut bugs the prebiotic food that helps them thrive.

Ingredients:

- 1 ½ cups of lentils (any color works)
- 1 tablespoon of apple cider vinegar
- 1 3-4 pound squash (Kabocha, Hubbard, Acorn, or Butternut)
- ¼ cup of olive oil
- A sprinkle of sea salt
- Cracked black pepper
- 1 large onion, chopped small
- 2 garlic cloves, minced
- 1 teaspoon of dried thyme
- 1 bay leaf
- 3 cups of chicken or vegetable stock
- 5 large kale leaves, de-stemmed

Soak the lentils overnight in 4 cups of water and 1 tablespoon of apple cider vinegar. You can store them at room temperature on your kitchen counter or wherever is convenient. In the morning, drain and rinse the lentils, and they're ready to go.

Pre-heat the oven to 375°F. Cut the squash in half and scrape out the seeds. Cut each half again into long and wide wedges. Place the wedges on a roasting pan, drizzle with olive oil, and sprinkle with sea salt and black pepper. Bake your squash in the oven until it's fork tender, about 30-40 minutes.

Chop onions and garlic while the squash is cooking. Heat a 2 quart saucepan over medium. Add a few tablespoons of olive oil then lightly sauté the onions until translucent, about 5-8 minutes. Stir in the garlic and cook until golden, then stir in the lentils until the mixture is combined in your pan. Add the dried thyme and bay leaf and cook for another minute or two.

Pour in the stock of your choice and allow the liquid to simmer until the lentils are cooked through. Once the lentils are tender, stir in the kale and allow to cook for about 5 minutes. Season to taste with sea salt and fresh ground pepper. When the squash is done, cut the wedges into large triangular halves or whatever size works for the portion you want. Spoon the warm lentil and kale mixture over the squash and serve warm.

SALADS

Even a simple salad made up of a few ingredients makes an antioxidant-rich meal that can support your digestive health and overall vitality. Eating whole fruits, vegetables, nuts, and seeds raw helps lock in the key fiber and nutrients we naturally get from these superfoods. Add the benefits of high fiber and low calories into the mix and you can't go wrong including a salad in your weekly meal rotation.

Marinated Broccoli Salad

This healthy and delicious broccoli salad is jazzed up thanks to the tamari and bok choy, giving it a new spin on a classic favorite (without the mayo).

Ingredients:

- 1 large head of broccoli, cut into small florets
- 3 tablespoons of sesame seed oil
- A generous splash of brown rice vinegar
- 1 head of bok choy, roughly chopped
- 1 cup of thinly sliced purple cabbage
- 1 carrot, cut into thin matchsticks
- 2 tablespoons of sesame seeds (white or black)
- A generous splash of tamari, to taste

Start by mixing the broccoli, cabbage, and bok choy together in a large bowl. Toss them with vinegar, tamari, and oil. Using your hands, massage everything for several minutes to begin breaking down the vegetables for even easier digestion. Stir in the sesame seeds and the carrots. Allow the veggies to soften in the vinegar mixture for about 15 minutes. Serve at room temperature.





Thai Chicken Salad

Banish boring chicken salad for life! You can recreate this restaurant favorite with simple, healthy, and astonishingly flavorful ingredients that are perfect on their own or served with toasted Ezekiel bread.

Ingredients:

- | | |
|-----------------------------------|------------------------------------|
| 1 pound of ground chicken | 1" fresh ginger, peeled and grated |
| 1 shallot, minced | 1 pinch of Stevia, to taste |
| 3 garlic cloves, minced | Handful of basil, chopped |
| 3 cups of cabbage, shredded | 12 mint leaves, minced |
| ½ cup of carrots, grated | ½ cucumber, seeded and diced |
| Juice of 2 limes | 2 green onions, chopped |
| 1 tablespoon of soy sauce | 2 tablespoons of coconut oil |
| 1-2 tablespoons of miso or hoisin | Small handful of cilantro, chopped |

Heat a medium skillet over medium-high and add the coconut oil, followed by the shallot and garlic. Sauté until they begin to caramelize - about 5 minutes. Add chicken, sauté until brown, and then set aside.

Whisk limes, soy sauce, miso/hoisin, ginger, and stevia in a bowl, and then toss with chicken, veggies, and herbs. You can serve it immediately or keep in the refrigerator and serve cold.

Check out
hyperbiotics.com/healthy-living
to learn more about
the benefits of
gut-healthy living!

Chipotle Smoked Salmon and Sweet Potato Salad

The right combination of sweet, smoky, and spicy can be absolutely divine - especially when it's in the form of a savory salad overflowing with prebiotic foods to nourish your helpful gut bacteria. We like our sweet potatoes steamed, but the rest of the salad requires no cooking at all - making it a refreshingly healthy, protein-rich dish you can enjoy year-round.

Ingredients:

4-5 sweet potatoes, peeled and cubed
½ pound of smoked salmon
1 red or orange bell pepper, diced
4 to 5 green onions, sliced
½ cup fresh cilantro, chopped

For the Dressing:

½ cup of cashews, raw
6 to 8 tablespoons of water
¼ cup of lime juice
¼ cup of olive oil
1 small garlic clove
1 teaspoon of sea salt
½ teaspoon of chipotle chile powder

To make the salad, cook your sweet potatoes in a steamer basket over about 2 inches of water in a large pot. Place a lid on the pot and cook over medium-high heat. Steam for 15 to 20 minutes, or until they are fork-tender. Transfer to a plate or bowl and allow them to cool completely. You can even pop them in the fridge if you'd like, but we love them at room temperature.

In a large bowl, combine your sweet potatoes and the remaining salad ingredients and gently toss together.

To make this luscious cashew dressing, add all ingredients to a high-powered blender or food processor and blend on high until smooth and creamy. If you'd like a thinner dressing, you can add more water. Taste and adjust the salt and seasonings if necessary. Pour the dressing over the salad and gently toss to coat. Serve or save it in the refrigerator and take it with you to work! It saves for about 4 days.

SOUPS

Load up on a bounty of seasonal fresh produce and you'll have just about everything you need to create the foundation of a healthy soup or stew. Nothing hits the spot like a warm bowl of soup, and we've rounded up a few of our favorites for supporting your digestive system and overall health.

Beef Bone Broth

Bone broth is a soup for all seasons, and there are a variety of reasons to drink some of this goodness every day. From promoting a healthier gut environment to more radiant skin and even stronger bones and joints, bone broth contains a rich assortment of minerals that can support your immune system. With compounds like collagen, glutamine, glycine, and proline, bone broth can help strengthen the lining of your intestines and leave you feeling invigorated. Plus, it's so simple to make!

Ingredients:

- 4 pounds beef bones, preferably a mix of marrow bones and bones with a little meat on them, such as oxtail, short ribs, or knuckle bones
- 2 carrots, cut into 2-inch pieces
- 1 whole leek, cut into 2-inch pieces
- 1 medium onion, quartered
- 1 garlic head, halved crosswise
- 2 celery stalks, cut into 2-inch pieces
- 2 bay leaves
- 2 tablespoons of black peppercorns
- 1 tablespoon of cider vinegar

Pre-heat the oven to 450°F. Place beef bones, carrots, leek, onion, and garlic on a roasting pan or rimmed baking sheet and roast for 20 minutes. Toss the contents of the pan and continue to roast until deeply browned, about 10 to 20 minutes more.

Fill a large pot with 12 cups of water (preferably filtered). Add celery, bay leaves, peppercorns, and vinegar. Scrape the roasted bones and vegetables into the pot along with any juices. Add more water if necessary to cover bones and vegetables.

Cover the pot and bring to a gentle boil. Reduce the heat to a very low simmer and cook with the lid slightly ajar, for at least 8 but up to 24 hours on the stovetop. The longer you simmer it, the better your stock will be. During this time, you can scrape away foam and fat as needed. Add more water (if necessary) to ensure bone and vegetables are fully submerged.

Remove the pot from the heat and let cool slightly. Strain broth using a fine-mesh sieve and discard bones and vegetables. Let continue to cool until barely warm, then refrigerate in smaller containers overnight. Remove solidified fat from the top of the chilled broth.





Miso Soup with Garlic & Ginger

Here's our take on the traditional Japanese soup known for its refreshing flavors and health-promoting properties. Made with fermented soybeans, miso is naturally comprised of probiotic bacteria. When it comes to miso, you can use red, white, or even black. We use red miso simply because it's our favorite as it makes for a hearty soup base that tastes great with fresh veggies.

Ingredients:

- 1 tablespoon of sesame oil
- 1 yellow onion, chopped
- 2 tablespoons of fresh ginger, finely chopped
- 1 garlic clove, finely chopped
- 6 cups of vegetable broth or water
- 2 baby bok choy, trimmed and roughly chopped
- ½ pound of carrots, thinly sliced
- 1 block of baked tofu, thinly sliced
- 2 tablespoons of red miso
- 2 tablespoons of rice vinegar
- ¼ cup of thinly sliced green onions

Heat the oil in a large pot over medium. Add yellow onion, ginger, and garlic and cook until onions are translucent and fragrant, about 5 minutes. Add the veggie broth (or water), bok choy, carrots, and tofu and bring everything to a boil. Reduce heat and simmer until the vegetables are tender, 5 to 10 minutes more. Remove soup from the heat.

Ladle about 1 cup of the hot broth into a small bowl. Add the miso and stir until it's completely dissolved, then transfer mixture back to pot and mix everything together. Stir in vinegar, ladle soup into bowls, and garnish with green onions.

Asparagus, Leek, & Garlic Soup

This trio of veggies are known for their prebiotic fiber and dynamite flavor profile, and when they're combined with creamy potato and a bit of of lemon, it makes for an irresistible soup that we just can't stop eating.

Ingredients:

- 2 bunches of asparagus, trimmed of their ends and sliced
- 2 quarts of bone or veggie broth
- 3 large heads of green garlic, sliced into rounds (green parts included)
- 3 medium leeks, sliced into rounds
- 3 tablespoons of coconut oil
- 1 teaspoon salt
- 1 large yellow potato (6 ounces), peeled and diced
- Lemon juice, to taste

Fill a pot with broth (or you can use water) and bring to a boil. Blanche the asparagus in the simmering liquid for 1-2 minutes, until they're bright green. Strain through a colander and into a large bowl and set aside, reserving the asparagus liquid.

Trim the root ends off of the green garlic and leeks. Place the sliced leeks in a bowl with the green garlic, fill with cool water, and separate the rings, stirring gently to release any dirt or sediment. You don't want this in your soup! Scoop the leeks and garlic out of the water, drain them in a colander and rinse them one final time.

Melt the coconut oil in a large pot or dutch oven over medium heat. Add the leeks and green garlic and sauté until bright green and tender, about 5-10 minutes. Add the salt, potato, and enough of the reserved asparagus liquid from earlier to cover the vegetables, 4-6 cups. Bring to a boil, then cover the pot and simmer until the potato is fork-tender, about 10 minutes.

Allow your soup to cool a bit and then add the asparagus. Purée the soup with an immersion blender or in small batches using a high-powered blender or food processor, thinning with more asparagus water as needed. Stir in the juice of half a lemon, taste for salt, adding more salt or lemon as you see fit. Serve and enjoy!

FERMENTED FOODS

One of the most simple and healthful ways of preserving food is through fermentation. In fact, humans have been enjoying fermented foods and drinks for thousands of years out of the necessity of preserving fruits and vegetables. We're now understanding the great benefit we can reap from consuming these foods transformed by bacteria and fungi. While it may sound daunting to embark on a days or weeks-long preservation process, fermenting can actually make your food more delicious and better for you - and it's much easier than you think! Here are some of our favorite recipes to help you overcome any DIY fermenting fears.

Fermented Cilantro Salsa

Cilantro salsa is a timeless condiment and stand-alone snack. The robust flavors that result from fermentation make it not only delicious but also powerfully healthy. With prebiotic benefits from the fresh garlic and veggies, this 3-day salsa keeps for months but ends up getting eaten within just a few days - it's that good!

Ingredients:

- 3 medium ripe tomatoes, finely chopped
- 2 green onions, finely chopped
- 1 large or 2 small bunches of cilantro, finely chopped
- 4 garlic cloves, finely chopped
- 4 serrano peppers or 4 jalapeno peppers (optional)
- 4 tablespoons liquid whey (clear liquid from the top of a yogurt container)
- 2 teaspoons of sea salt

You'll also need:

- A 2-quart mason jar
- A dark place to store your ferment

Remove the seeds from the peppers (unless you really like it hot!). Slice the peppers into small circular pieces and add to the rest of the vegetables to a large bowl. Add the whey and the salt to the vegetables, and mix everything together.

Pour the mixture into a quart-sized Mason jar. There should be at least one inch of space between the top of the jar and the mixture. It's important to make sure that the mixture does not touch the lid.

Cover the jar with a towel and put the jar in a dark place (the inside of a cabinet or pantry) to rest for about 48 hours. This gives the bacteria in the whey a chance to ferment the entire jar of salsa. After 2 days, move the jar to the refrigerator where you can enjoy it for up to 3 weeks.





Simple Fermented Turnip Pickles

Pickled turnips make for a zesty addition to your wraps and sandwiches (they taste divine in the company of hummus), or you can eat them right out of the jar for a slightly spicy snack. Either way, fermented turnips are an exceptional alternative to cucumber pickles as they're jam-packed with vitamin C and include essential B vitamins such as folate.

Ingredients:

7 - 8 medium turnips, peeled
4 cups water
1 tablespoon of sea salt or kosher salt
1 fresh jalapeno or other spicy chile pepper (optional)

You'll also need:

A 2-quart mason jar
A plate to place beneath your jar

Slice the turnips however you like. You can julienne or grate them to make a traditional kraut-style, or cut them into thin rounds or crescents for a crunchier pickle.

If using the chile pepper, remove the stem end. Slice into thin rounds, discarding the seeds as you go (unless of course you prefer a very spicy pickle). Loosely pack the turnips and peppers into clean glass mason jars.

Make a brine by combining $\frac{3}{4}$ teaspoon salt per cup of water. (Filtered tap water is ideal.)

Pour the salt brine over the vegetables. Gently press down on the vegetables to release any air bubbles and to submerge them in the brine. Loosely cover the jar with the lid and place the jar on a plate to catch any overflow that could occur during the active fermentation process.

Leave the jar at room temperature for 36 hours or about 3 days. During this time, remove the lid at least once a day and check to see that the vegetables are still submerged (add additional salt brine if necessary). You should start to see some bubbles on top, which is a sign that fermentation is underway!

By the end of day 3, the turnips should have a clean, lightly sour smell and taste. Close the lid on your jar in the refrigerator. Wait at least 5 more days for the flavor of your fermented turnips to develop.

Fermented turnips will last in your refrigerator for about 6 months, but we recommend that you enjoy them within 3 months so they are crisp and fresh.

Traditional Sauerkraut

Cabbage, caraway seeds and salt; sauerkraut is just about one of the easiest fermented foods to make. Simply add the ingredients to a clear jar and allow it to ferment for 3 to 7 days (or even longer!). It tastes much better than any 'kraut you can get from the store - you'll be hooked! Here's a basic recipe to get you started off right.



SWEET TREATS

If you think you have to sacrifice your sweet tooth in favor of good gut health, think again! With so many sweet fruits and ingredients that come straight from nature, we love whipping up these straightforward desserts that give your body a nutritious boost.

Chocolate Coconut Oat Banana Cookies

A raw, chocolately delicacy; we love cookies that you don't actually have to cook. Simply throw together a few ingredients, and you'll have a prebiotic dessert lush with health benefits from the coconut, banana, and cacao powder. Kids love these sweet treats too!

Ingredients:

- 1 cup ripe banana (approximately 2½ bananas)
- 1 cup gluten free rolled oats
- ½ cup unsweetened coconut flakes
- 2 tablespoons cacao powder

Set aside a heaped tablespoon of the shredded coconut in a bowl. Add all the other ingredients to a high-powered blender or food processor and blend until nicely mixed together.

Roll the mixture into bite-sized balls and roll them in the shredded coconut.

Place them on a plate and refrigerate for 30 minutes. Enjoy!

Show us what you're cooking up! Snap a pic and tag it **#hyperliving** on social media!





Blueberry Crumble

You can have your cake and eat it too, it turns out, with this sweet dessert cake that utilizes almond flour and fresh blueberries. If you don't finish it all in one sitting, you can save some to pair with your morning yogurt for a luscious breakfast. Blueberries are high in fiber and antioxidants - meaning not only are they good for your gut, but they're great for your skin and your heart health as well.

Ingredients:

- 2 pints of fresh blueberries
- Juice of 1 lemon
- 1 cup of almond flour
- ¼ cup of chopped macadamia or walnuts (optional)
- ¼ cup of coconut oil
- 2 tablespoons of maple syrup
- ¼ teaspoon of cinnamon
- 2 pinches of sea salt

Pre-heat the oven to 375°F. Place the blueberries in a 9" by 9" inch baking dish and squeeze half the lemon juice over the blueberries.

In a bowl, combine the almond flour, macadamia nuts, melted coconut oil, remaining lemon juice, maple syrup, cinnamon, and salt. Spread the topping evenly over the blueberries, and bake until the fruit is well cooked, bubbly, and the topping is golden brown, around 30-45 minutes.

Carob Fudge

Finding a chocolate alternative can be quite the challenge if you're addicted to its (almost) unmatched sweetness and texture. However, carob presents a sweet, mild flavor and is loaded with pectin, a soluble fiber. Traditionally, it was used to soothe an upset stomach. Unlike chocolate, carob is naturally sweet, low in fat, high in fiber, has calcium, and has no caffeine - making it an excellent choice when you're after a sultry dessert that's good for your system.



Ingredients:

- ½ cup of carob powder, sifted
- ¼ cup of coconut oil
- 2 tablespoons of sesame tahini
- 3 tablespoons of smooth, natural almond butter
- A pinch of fine sea salt
- 1 teaspoon of pure vanilla extract
- 10-20 drops of plain or vanilla liquid stevia
- 2 tablespoons of vegetable glycerin (food grade only!)

Line a small loaf pan with plastic wrap and set aside for later. In a small, heavy-bottomed pot, mix the carob powder, coconut oil, tahini, almond butter, and sea salt. Heat over medium-low, stirring constantly, just until melted and well-combined.

Remove from heat and stir in the vanilla and stevia, then add the vegetable glycerin and mix well. It will begin to thicken up when you add the sweetener.

Pour or press the fudge into the pan and smooth the top. Refrigerate until firm, at least 2 hours, then cover with plastic wrap and store in the refrigerator. The carob fudge will keep, covered, in the refrigerator for up to 4 days.

All health
b e g i n s
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