

Berry Chia Yoghurt Bowl

Prep Time: 5 minutes (plus optional
overnight soak)

Total Time: 5 minutes (or overnight if
prepping ahead)

Ingredients:

- 200g (7 oz) plain live yoghurt (or plant-based with live cultures)
- 2 tbsp chia seeds
- 1 tsp honey or maple syrup (optional)
- ½ tsp ground cinnamon
- A handful of mixed berries (blueberries, raspberries, strawberries)
- 1 tbsp mixed nuts or seeds (sunflower, pumpkin, flax - whatever you like)

Instructions:

- In a small bowl or jar, mix yoghurt, chia seeds, cinnamon, and honey/maple syrup.
- Let sit for at least 15 minutes (or overnight).
- Top with berries and nuts/seeds before serving.

Gut-Friendly Notes:

Yoghurt provides natural probiotics, helping to balance your gut microbiome.

Chia seeds are an excellent source of fibre and omega-3s, promoting healthy digestion.

Berries are rich in polyphenols, which act as natural fuel for your good gut bacteria.

Rainbow Chickpea Bowl with Turmeric Dressing

Prep Time: 10 minutes
Total Time: 10 minutes



Ingredients:

For the Bowl:

- 1 x 400g tin chickpeas (drained and rinsed) (approx. 1½ cups)
- 1 medium carrot, grated
- ½ red pepper, sliced
- ½ avocado, sliced
- 50g (1¾ oz) red cabbage, shredded
- A handful of rocket or mixed leaves
- 1 tbsp pumpkin seeds or sunflower seeds

For the Dressing:

- 2 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- ½ tsp ground turmeric
- 1 tsp honey or maple syrup
- Pinch of black pepper
- Squeeze of lemon juice (optional)

Instructions:

- In a small jar or bowl, whisk together the dressing ingredients until smooth and golden.
- In two serving bowls, layer your chickpeas, raw veggies, avocado, and greens.
- Drizzle over the turmeric dressing, sprinkle with seeds, and serve immediately.

Gut-Friendly Notes:

Chickpeas are high in fibre, feeding beneficial bacteria in your gut. Turmeric is anti-inflammatory and its absorption is enhanced when paired with black pepper. Raw veggies boost polyphenol diversity, especially when you eat the rainbow!



Kimchi Fried Rice

Prep Time: 10 minutes
Cook Time: 10 minutes
Total Time: 20 minutes

Ingredients:

- 2 tbsp sesame oil
- 2 garlic cloves, minced
- 2 spring onions, sliced
- 200g (7 oz) cooked brown rice (cold or day-old)
- 2 eggs
- 100g (3½ oz) kimchi, chopped
- 1 tbsp tamari or low-sodium soy sauce
- ½ tsp sesame seeds (optional)

Instructions:

- Heat sesame oil in a non-stick pan or wok over medium heat.
- Sauté garlic and spring onions for 1–2 minutes.
- Push to one side, crack in the eggs, and scramble until just set.
- Add rice and stir through, breaking up clumps.
- Stir in kimchi and tamari. Cook for another 2–3 minutes until hot.
- Serve with sesame seeds on top, if using.

Gut-Friendly Notes:

- Kimchi is a fermented food rich in beneficial bacteria.
- Brown rice provides prebiotic fibre that nourishes good gut microbes.
- Eggs and sesame oil contribute protein and healthy fats for satiety.

Hummus with Homemade Seed Crackers

Prep Time: 10 minutes

Cook Time: 25–30 minutes

Total Time: 35–40 minutes

Ingredients(15 crackers):

Seed Crackers:

- 60g (½ cup) sunflower seeds
- 30g (¼ cup) flaxseeds
- 30g (¼ cup) chia seeds
- ½ tsp garlic powder
- Pinch of salt
- 125ml (½ cup) water

Hummus (Quick Blend):

- 1 x 400g tin chickpeas (drained & rinsed) (approx. 1½ cups)
- 2 tbsp tahini
- Juice of ½ lemon
- 1 garlic clove
- 2 tbsp olive oil
- 2–3 tbsp cold water
- Salt to taste

Instructions:

For Crackers:

- Preheat oven to 160°C (320°F). Line a baking tray with parchment.
- Mix seeds, garlic powder, salt, and water in a bowl. Let sit for 10 minutes.
- Spread thinly onto the tray, about ½ cm (¼ inch) thick.
- Bake for 25–30 minutes until crisp. Cool before breaking into pieces.

For Hummus:

- Blend all ingredients until smooth. Add water to adjust consistency.

Gut-Friendly Notes:

Flax and chia seeds are rich in fibre and healthy omega-3s.

Chickpeas provide prebiotics and plant protein.

Tahini and olive oil offer gut-soothing healthy fats.

Ginger Kombucha Refresher

Prep Time: 5 minutes
Cook Time: 0 minutes
Total Time: 5 minutes

Ingredients:

- 250ml (1 cup) plain kombucha (check sugar content)
- 1 tsp fresh grated ginger
- Juice of ½ lemon
- 2 slices of cucumber or mint leaves (optional)
- Ice to serve

Instructions:

- In a glass or jar, add grated ginger, lemon juice, and cucumber/mint if using.
- Top with kombucha and stir gently.
- Serve over ice with a slice of lemon or cucumber.

Gut-Friendly Notes:

Kombucha is a fermented drink packed with probiotics. Ginger soothes digestion and reduces inflammation. Lemon helps stimulate stomach acid, aiding digestion.