



Membership: Month 3 Digestive Health Specific Recipes

HEALTHY BAKED BEANS

A fibre rich breaky option that can be made in batches and frozen. Have these gut friendly beans with egg or sautéed spinach.

Ingredients:

- 1 cup dried navy beans, soaked for at least six hours
- 1 onion, finely diced
- 2 cup (400gm) tomatoes
- 1 garlic clove, minced
- 1 teaspoon dried basil
- 1 tablespoon tamari
- 1/2 teaspoon whole grain mustard
- 6 cups bone broth or vegetable stock
- EVOO

Instructions:

Thoroughly rinse and drain soaked beans. In a heavy saucepan, cook the onion, garlic, and basil in olive oil over low to medium heat for about 5 minutes, or until the onions are translucent. Add the navy beans and all other ingredients, save the tomatoes. Place lid on saucepan, but leave it open just a crack to allow steam to escape, and cook over low to medium heat for about an hour. Add tomatoes and cook for another 3 hours over low to medium heat. As the ingredients cook, check the saucepan from time to time to make sure that everything is well covered with liquid. When mixture has thickened, it's ready to be served.



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GUT HEALING QUINOA SUSHI

Bone broth is incredible for gut health as it contains plenty of collagen & crucial minerals, which help to heal a leaky gut.

Ingredients:

- ½ cup quinoa
- bone broth
- 1tbsp apple cider vinegar
- avocado
- roast pumpkin
- fermented vegetables
- sesame seeds
- cucumber
- Nori sheets

Instructions

Rinse your quinoa well before cooking. Cook the quinoa in simmering bone broth for 10 minutes. Strain gently and then add apple cider vinegar, mix well. Lay the nori sheet on a bamboo mat and spread the quinoa horizontally along the middle, leaving 1cm gap from the bottom and 2cm from the top. Lay your fillings on top of the quinoa, being careful not to over do it. Gently begin rolling the sushi by picking up the mat and rolling it over the fillings. Press the sushi onto shape but don't squash it. Serve with Tamari.



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BRAISED CABBAGE, APPLE, CARAWAY SALAD with ROAST SALMON

The perfect balance of prebiotic fibre, which provides the perfect fuel source for friendly bacteria.

Ingredients:

- 150g salmon fillet
- 2 tsp EVOO
- 1 small onion, finely chopped
- 1 tsp caraway seeds
- 300g green cabbage, thinly sliced
- 1 tbsp apple cider vinegar
- 1 small red apple, remove cores and cut into small cubes
- 2 tbsp chopped walnuts, toasted
- 1 lemon
- Cracked pepper

Instructions:

Preheat oven to 200 degrees Celsius. Line a tray with baking and place salmon on it, sprinkle with black pepper and brush with a little EVOO. Pour a squeeze of lemon over the salmon and place a slice of lemon on top. Bake for 12-15 minutes, until salmon is to your liking. Heat oil in a large frying pan over a medium heat, add onion and cook until softened, add the cabbage and vinegar and cover with a lid. Cook until cabbage wilts (about 4 min), uncover frying pan and increase the heat. Add apples and stir for another 5 min until apples have slightly softened and liquid has evaporated. On a plate, place the cabbage, walnuts and salmon on top.