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BREAKFAST SMOOTHIE BOWL

Ingredients

- 250g live, plain, dairy yogurt or vegan, plain yogurt
- 2 ripe, medium sized, peeled bananas
- 30g rolled oats
- 120g frozen mixed berries, defrosted
- 80g muesli (no-added-sugar)
- 20g mixed seeds i.e., sunflower, pumpkin, poppy, linseeds
- 30g walnuts, chopped
- 150g fresh seasonal fruit such as blueberries, raspberries, kiwi fruit, blackberries, strawberries

Method



Peanut Butter

- Preheat the oven to 200C/180C fan/gas 6. Add the peanuts to a large baking tray, place in the oven and roast for 10 mins, once golden, remove from the oven and leave to cool. Add the peanuts to a food blender and add the salt. Blend for 3-5 mins, until you're left with a smooth nut butter.



Chia Jam

- Add the strawberries to a small saucepan over a medium-high heat, stirring occasionally until the fruit begins to break down. Use a spoon to mash the fruit leaving some chunks. Stir in the chia seeds. Remove from the heat and leave to cool for 5 minutes.



Oats

- Mix the oats, kefir or milk, apple and 1 tbsp of peanut butter in a jar. Leave for 2 hours or overnight in the fridge.



To Serve

- Top the oats with an extra tbsp peanut butter and 2 tbsp chia jam.

nutritional information
(per portion - 220g)
energy in kcal - 306
fibre - 5.7g
fat - 11g, and of which saturates 6.4g
carbohydrates - 38g, and of which sugars 21g
protein - 10g
allergens - gluten, nuts, dairy



KEFIR TZATZIKI WITH SWEET POTATO WEDGES

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Ingredients

- 250g shop bought kefir natural yoghurt
- 1 cucumber, grated
- 1 garlic clove, minced
- handful of parsley, finely chopped
- 1 tbsp lemon juice
- ½ tsp paprika
- 1 200g tin of chickpeas
- sea salt
- 2 sweet potatoes
- 1 tbsp olive oil

Method



Preheat the oven to 200C/180C fan/gas 6. Slice the sweet potatoes into wedges. Place on a baking tray, drizzle with olive oil and season. Cook for 35-40 minutes.



For the kefir tzatziki, squeeze the liquid from the grated cucumber. Mix the cucumber, garlic, lemon juice, salt, paprika, chickpeas and most of the parsley into the thickened kefir until well combined.



Garnish with the remaining parsley and a drizzle of extra virgin olive oil. Serve with the sweet potato wedges.

nutritional information
(per portion - recipe makes 2 portions)
energy in kcal - 469
fibre - 13g
fat - 14g, and of which saturates 4g
carbohydrates - 58g, and of which sugars 27g
protein - 20g
allergens - milk



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MILK KEFIR

Ingredients

- 5g milk kefir grains per 250ml milk
- 250ml whole milk

Equipment

- 500ml jar
- gauze
- wooden or plastic spatula
- plastic sieve
- rubber band

Method

- ✓ Wash your jar in hot soapy water, then place it in the oven at 100°C for 15-20 mins to sterilise it, then leave to cool.
- ✓ Add the milk kefir grains to the 500ml jar and pour the milk over the top. Give the milk a gentle stir with a clean spoon to evenly distribute the microbes. Cover the jar with the gauze and fix it in place with a rubber band.
- ✓ Set aside for 24 hours at room temperature, keeping the jar away from direct sunlight.
- ✓ After 24 hours, stir and judge its taste and consistency. When the milk has thickened and tastes pleasantly tangy, it's ready. If not, replace the gauze and rubber band and continue fermenting at room temperature for another 24 hours.
- ✓ Once ready, strain the grains out by pouring the jars contents through a sieve over a bowl to catch the finalised kefir. Transfer milk kefir to a clip top bottle, it can be used immediately or covered tightly and stored in the fridge for up to one week.



STRAWBERRY CHIA JAM AND PEANUT BUTTER OVERNIGHT OATS

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Ingredients

chia jam

- 300g fresh or frozen strawberries
- 1 tbsp chia seeds

peanut butter

- 250g peanuts
- sea salt

oats

- 80g oats
- 300ml kefir/yogurt or milk (dairy, plant, nut or other milk)
- 2 grated apples with skin on

Method



Wash your jar in hot soapy water, then place it in the oven at 100°C for 15-20 mins to sterilise it, then leave to cool.



Add the milk kefir grains to the 500ml jar and pour the milk over the top. Give the milk a gentle stir with a clean spoon to evenly distribute the microbes. Cover the jar with the gauze and fix it in place with a rubber band.



Set aside for 24 hours at room temperature, keeping the jar away from direct sunlight.



After 24 hours, stir and judge its taste and consistency. When the milk has thickened and tastes pleasantly tangy, it's ready. If not, replace the gauze and rubber band and continue fermenting at room temperature for another 24 hours.



Once ready, strain the grains out by pouring the jars contents through a sieve over a bowl to catch the finalised kefir. Transfer milk kefir to a clip top bottle, it can be used immediately or covered tightly and stored in the fridge for up to one week.

nutritional information
(per portion - recipe makes 2 portions)
energy in kcal - 532
fibre - 10g
fat - 24g, and of which saturates 6.6g
carbohydrates - 51g, and of which sugars 23g
protein - 24g
allergens - peanuts, gluten, milk



SPICY TERIYAKI PRAWNS & SESAME FRIED RICE

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Ingredients

- c125g microwave brown basmati rice
- oil, for frying
- 2 baby pak choi, halved
- 2 spring onions, cut into 3cm slices
- 1 medium egg, lightly beaten
- 1 tbsp toasted sesame seeds, plus more to serve
- 50g raw king prawns
- 3 tbsp teriyaki sauce
- 2 tsp chilli sauce (such as sriracha)

Method

- ✓ Microwave the rice for 1 min. Heat a glug of oil in a frying pan over a high heat. Fry the pak choi and spring onions for 2 mins. Stir in the egg until scrambled, then add the rice and sesame seeds and cook for 2 mins or until piping hot. Set aside.
- ✓ In another frying pan, heat a glug of oil and fry the prawns for 2 mins. Add the sauces and cook until sticky. Serve with the veg, rice and sesame seeds.



SPINACH & CHICKPEA CURRY

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Ingredients

- 2 tbsp mild curry paste
- 1 onion, chopped
- 400g can cherry tomatoes
- 2 x 400g cans chickpeas, drained and rinsed
- 250g bag baby leaf spinach
- squeeze lemon juice
- basmati rice, to serve

Method

- ✓ Heat the curry paste in a large non-stick frying pan. Once it starts to split, add the onion and cook for 2 mins to soften. Tip in the tomatoes and bubble for 5 mins or until the sauce has reduced.
- ✓ Add the chickpeas and some seasoning, then cook for 1 min more. Take off the heat, then tip in the spinach and allow the heat of the pan to wilt the leaves. Season, add the lemon juice, and serve with basmati rice.