



National Centre for
Integrative Medicine

Inspiring health and wellbeing



7 Healthy Recipes to support your Gut Microbiome

Sauerkraut

Ingredients

- 1 x white cabbage finely sliced or grated
- 5 x carrots peeled and grated
- 1 tablespoon of sea salt

Method - The Fun Part

Put on latex gloves if you have them

- In a bowl squeeze and massage the ingredients together until the vegetables start to release their juices and the texture softens.
- Pack into sterilized jars, press down to push air bubbles out.
- (to sterilize jars - wash in boiling water then 45 seconds in the microwave)



- Use a piece of the cabbage core to ensure the vegetables are submerged under the juice when you put the lid on.
- Keep on the kitchen top sitting on a saucer and release the gas bubbles once a day. Some juice may expand and leak out, just pour it away
- After 2 weeks open the jar remove the cabbage core and taste the sauerkraut, it should be tangy and no longer salty
- Keep in the fridge for a month and eat a teaspoon full each day to feed your microbiome

You can use alternative veg like green or red cabbage, beetroot, cauliflower, kale or onion. Also experiment with added flavours like garlic, ginger, caraway, fennel or cumin seeds!

Fermenting Tip!

2% salt to vegetable by weight is the ideal proportion for fermentation to take place - i.e. if you have 100g of a vegetable, you would want 2g of salt.

Why is it good for your gut microbiome?

Eating unpasteurised sauerkraut (a type of fermented cabbage) is incredibly beneficial to gut health as it is a terrific source of probiotics which can promote greater gut bacteria diversity and protect against inflammation.

Leek, Courgette & Pea Frittata

Ingredients

- 2 tablespoons olive oil
- 2 x leeks, trimmed, washed, then sliced
- 2 medium courgettes, sliced
- 100 g frozen peas, defrosted
- 6 large eggs
- Salt + pepper
- Optional: grated cheddar or vegan equivalent

Method

- Wash leeks and courgettes and slice thinly
- Heat olive oil in large frying pan
- Gently sauté leeks and courgettes until soft



- Add peas to pan and warm through
- Whisk eggs in a separate bowl with a tablespoon of water, season with salt and pepper
- Pour the egg mixture over the veg
- Gently cook until set, sprinkle with grated cheese, if using
- Finish off under grill or in oven until golden on top
- Using oven gloves, cover the pan with a plate and turn over so that the frittata is ready to cut into slices and serve.

Why is it good for your gut microbiome?

This is a superb meal to help with gut health. Not only is leek an excellent prebiotic, helping to feed all our beneficial bacteria in our gut, peas and courgettes are great sources of fibre which further aids with our digestion, also providing fuel to our gut microbes. By using omega-3 rich eggs, this recipe can also be a great anti-inflammatory addition to your digestion.



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Asian Slaw



Ingredients

- Great with Salmon and Rice
- For the Asian Slaw Dressing
- 3 tablespoons olive oil
- 1 tablespoon toasted sesame oil
- ¼ cup rice wine vinegar
- 3 tablespoons honey, brown rice syrup, maple, or agave
- 1 tablespoon soy sauce (or GF alternative like Coconut Amino Acids)
- 1 garlic clove, finely minced
- 1 tablespoon ginger, finely chopped
- ½ teaspoon salt
- ½ teaspoon chili flakes or chili paste - optional

Toppings

- sesame seeds
- cashew nuts or peanuts
- coriander

Slaw

- carrots, red cabbage, bell peppers,
- sugar snap peas, shredded broccoli stems
- cucumber, radishes, kohlrabi
- red onion and/or spring onions
- coriander, chopped
- anything crunchy!

Method

- Finely chop/slice all raw ingredients and mix together in a large bowl
- Add red onion/spring onions
- Add chopped coriander
- Whisk together ingredients for dressing and pour over slaw, mixing well
- Garnish with sesame seeds and/or nuts like cashews or peanuts

Why is it good for your gut microbiome?

Our Asian Slaw is wonderful for gut health. Not only is one of the main ingredients cabbage which is a great prebiotic food (meaning it feeds our gut bacteria) it also contains other gut-loving ingredients such as ginger, garlic and coriander all with anti bacterial properties to help reduce 'bad' bacteria and beneficial for our digestive system.



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Miso, Tahini and Ginger Dressing



Ingredients

- 1/3 cup tahini
- 1 generous tsp freshly peeled grated ginger
- 2 cloves crushed garlic
- 1 heaped tsp of white miso paste
- 1 tbsp coconut aminos or soy sauce
- 1 tbsp rice vinegar (or apple cider vinegar or lime juice)
- 1 tsp toasted sesame oil
- 2 tsp maple syrup
- 2-3 tbsp water (plus more to taste)
- 1 pinch sea salt (optional)

Method

- To a medium mixing bowl add tahini, fresh ginger, garlic, miso paste, coconut aminos or soy sauce, rice vinegar or apple cider vinegar, sesame oil, maple syrup and whisk to combine.
- Add water until dressing has a creamy consistency and is easy to pour.
- Tempt your tastebuds and adjust the flavours as needed, i.e. more vinegar, garlic or ginger for extra zing, extra maple syrup for sweetness, or added saltiness with coconut aminos or soy sauce.

Why is it good for your gut microbiome?

Miso is another source of fermented foods which we can call a probiotic, meaning it helps boost our beneficial gut microbiome. Ginger and garlic both contain anti-microbial, antifungal and antiviral properties which can help inhibit pathogens in our gut.



Jerusalem Artichoke Puree

Ingredients

- 200g Jerusalem artichokes (peeled)
- 150ml double cream or plant-based equivalent
- salt + pepper

Method

- Place the Jerusalem artichokes in a pan and add enough water to cover. Place over a medium heat and bring to a simmer.
- Add a pinch of salt and leave to cook slowly until the artichokes are tender - this should take at least an hour.
- Once the artichokes are soft, drain well, and then place back in the pan with the cream. Bring to the boil and reduce slightly.
- Season to taste and blend until smooth - pass through a sieve if still lumpy. Keep warm until ready to serve.

Why is it good for your gut microbiome?

This is such a simple recipe but packs a punch for gut health.

Jerusalem artichoke is very high in inulin fibre, a prebiotic which will help grow good bacteria in our gut and aid digestion and bowel regularity.



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Spring Green Minestrone

Ingredients

- 1 teaspoon olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 2 small (1 1/2 cups) courgette, cut into 2cm pieces
- 1 teaspoon sea salt, to taste
- 1/2 teaspoon pepper
- 1/4 teaspoon cayenne pepper, to taste
- 1.5 litres (6 cups) vegetable stock
- 1 tin of cooked white beans
- 400 grams (14 oz., 1 bunch) asparagus
- 150 grams (1 cup) peas, fresh or frozen
- 70 grams (3 cups) fresh spinach or other greens
- Juice of a lemon
- Basil, more olive oil and garlic, lemon, salt, and pepper for the pesto



Method

- In a large pot, heat the oil over medium heat. Add the onion and sauté for a couple of minutes, until softened and slightly browned. Add the garlic and courgette and cook for another minute, then stir in the spices.
- Add the vegetable stock and increase the heat to high. Bring the soup to a rolling boil, then add the beans, asparagus, and peas.
- Reduce the heat to low-medium and simmer for 4-5 minutes, or until the asparagus is bright green and just tender.
- To make the pesto - blend all of the ingredients together using a small food processor or blender.
- Remove from the heat and stir in the spinach and lemon juice. Serve hot, topped with pesto.

Why is it good for your gut microbiome?

Containing over 10 different plants in this recipe makes this a gut health gem! We need variety in our diet to increase diversity in our gut microbiome so ideally we need to aim to include over 30 different plants in our weekly diet for health benefits and maximising the health of our gut bacteria.

Avocado and Dark Chocolate Mousse



Ingredients

- 2 ripe avocados
- 100g 70% dark chocolate
- 250ml cow's milk / plant based milk
- Pinch of sea salt
- 1 tbsp maple syrup or honey or 12 drops liquid vanilla stevia

Method

- Melt the chocolate in a bain-marie
- Add the avocado, melted chocolate, milk and salt to a blender and blitz until smooth
- Add sweetener to taste
- Spoon the mixture into 4 glasses or ramekins and leave to chill in the fridge
- Top with coconut/Greek yogurt and/or berries before serving

Why is it good for your gut microbiome?

As well as being excellent sources of fibre, avocado's are packed full of SCFA's (short chain fatty acids) which are thought to strengthen the intestinal barrier and protect against leaky gut. Antioxidant rich dark chocolate is also surprisingly high in fibre and polyphenols, once again helping to feed our beneficial gut bacteria.