

Gut-friendly Recipes

by

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"Oats are high in a type of fibre known as glucans, which means they release their energy slowly into the blood. This is important for both providing sustainable energy while you exercise, and for stabilizing blood sugar levels relieve anxiety. In addition, research shows blueberries are high in polyphenols that can help to improve mood."

Dietitian, Dr Sarah Schenker

Bircher with blueberry compote

Serves 2

Ingredients

500g blueberries
Zest and juice of a lemon
1 tbsp honey
150g Greek yogurt
50g oats

Method

1. Place the blueberries, lemon juice and zest and honey in a saucepan and cook over a medium heat for 10 minutes. Allow to cool and then transfer to an airtight container. This will keep in the fridge for 2-3 days.
2. Place the yogurt in a bowl and stir through the oats. Leave in the fridge for at least an hour or overnight.
3. When ready to eat, swirl through 2 tbsp of the blueberry compote.

“Oats, blueberries and almonds are great sources of prebiotic fibre but they are also low in FODMAPs. Note that bananas are only low in FODMAPs when they are underripe. If you are unsure or new to a low FODMAP diet you might want to leave the banana slices off.”

Dietitian, Dr Sarah Schenker



Overnight oats

Serves 1

Ingredients

50g rolled oats (gluten free, if you are gluten intolerant)
Pinch of cinnamon
4 tbsp coconut yogurt
1 small underripe banana, sliced (optional)
1 handful of blueberries
1 tbsp flaked almonds

Method

1. Place the oats in a bowl, stir in the cinnamon and yogurt and place in the fridge overnight. When ready to eat, top with the sliced banana (if using), blueberries and almonds.



"This mellow version of shakshuka has a more calming and comforting effect than it's spicy counterpart. The eggs are a good source of the carotenoids lutein and zeaxanthin, which have been shown to be important for cognitive function. The veg provide plenty of fibre to boost gut health."

Dietitian, Dr Sarah Schenker

Mellow Shakshuka

Serves 2

Ingredients

1 tbsp olive oil
1 small red onion, diced
1 clove garlic, crushed
2 red peppers, deseeded and chopped
400g can chopped tomatoes
2 tsp sweet paprika
Juice from half a lemon
4 eggs
A handful of fresh parsley, chopped
A 1 tbsp plain yoghurt

Method

1. Heat the oil in a large frying pan.
2. Add the chopped onion and sauté for a few minutes until the onion begins to soften.
3. Add garlic and continue to sauté, then add the peppers and cook for 5 minutes over a medium heat until softened.
4. Stir in the tomatoes, paprika and lemon and simmer for a further 5-7 minutes until it starts to reduce.
5. Make 4 evenly spaced wells in the tomato mixture and then crack one egg into each. Season well and cover the pan with a lid. Cook for 10 minutes, or until the egg whites are firm and the yolks still runny
6. Combine the parsley and yoghurt and serve on the side.

“Oily fish such as salmon are a rich source of omega 3 fats, which are vital for optimal brain function. Miso is a fermented food which is beneficial for the gut bacteria and linked to improved cognition and overall mental wellness.”

Dietitian, Dr Sarah Schenker



Salmon miso soup

Serves 4

Ingredients

2 salmon fillets
2 tsp soy sauce
1.5 litres water
6 tbsp brown miso paste
A thumb-sized piece of fresh root ginger, peeled and finely grated
4 spring onions, finely sliced
10 mushrooms, quartered
2 carrots, peeled, finely sliced
2 heads bok choy, quartered
4 tsp sesame seeds

Method

1. Brush the salmon fillet with soy sauce. Bring a litre of water to a gentle simmer and then place the salmon fillets in to poach for 10 minutes.
2. Remove the salmon (retain the cooking water), leave to cool, remove any skin and bones from the fish, and flake into large pieces.
3. Sieve the poaching water into a large saucepan, discarding any bits. Add the miso paste and ginger and stir well. Add the remaining water and bring back to the boil.
4. Add the spring onions, mushrooms, carrots and bok choy and simmer gently for 5 minutes until tender.
5. Remove from the heat and place in a large bowl. Add the salmon flakes and sprinkle with sesame seeds.
6. Serve with pickled cucumbers.



"The production of our 'happy hormone' serotonin depends on good intakes of the vitamins folate and vitamin B6. This dish provides plenty of both along with plenty of fibre to keep the gut healthy."

Dietitian, Dr Sarah Schenker

Butternut squash falafels

Makes 8

Ingredients

250g ready to eat red lentils
250g butternut squash, peeled and sliced
1 tsp olive oil
1 tsp cumin seeds
200g firm tofu, cubed
2 spring onions, finely sliced
1 clove garlic, peeled and crushed
1 tsp ground coriander
1 tsp ground cumin
1 tsp chilli flakes
A handful of fresh coriander, finely chopped
2 tbsp red quinoa, uncooked
1 tbsp ground almonds
2 tsp sesame seeds
Olive oil

Method

1. Pre-heat the oven to 200°C.
2. Place the butternut squash in a small roasting pan, drizzle with olive oil, add the cumin seeds and season with a pinch of salt and freshly ground black pepper.
3. Bake for 20-25 minutes until softened. Allow to cool and chop into small pieces.
4. Place the lentils in a large bowl and add the roast butternut, tofu, spring onions, garlic, spices, chilli flakes and coriander. Season well and combine with your hands. Shape into 8 balls.
5. Mix the quinoa, almonds and seeds in a bowl and coat each ball. Chill in the fridge for 30 minutes.
6. Heat the olive oil in a large frying pan and fry the falafels for 5-6 minutes on each side until golden and cooked through.

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"This lovely dish provides a good balance of protein and carbohydrate to help your body recover quickly from an intense workout. There is also plenty of fibre to keep your gut bacteria happy."

Dietitian, Dr Sarah Schenker



Jewelled couscous

Serves 2

Ingredients

100g couscous
200ml hot vegetable stock
1 tbsp flaked almonds
100g tinned chickpeas,
drained and rinsed
100g pomegranate seeds
½ yellow pepper, deseeded
and diced
½ apple, peeled and grated
10 cherry tomatoes, halved
10 black olives, pitted and
halved
30g feta cheese, diced
Handful fresh flat-leaf
parsley, chopped

Method

1. Put the couscous into a bowl and pour over the hot stock. Cover with cling film and then leave for 5 minutes until the couscous has swelled and absorbed all of the stock. Fluff up with a fork to separate the grains.
2. Put the flaked almonds in a dry frying pan and toast over a medium-high heat until golden brown. Tip out and allow to cool.
3. Add all the remaining ingredients, except the parsley, to the couscous and toss gently together. Season to taste with freshly ground black pepper. Serve with the chopped parsley scattered over the top.

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"Pumpkin seeds and lentils are a good source of sleep and mood supporting magnesium while the beetroot, squash and green beans max the prebiotic fibre content."

Dietitian, Dr Sarah Schenker

**Roasted beetroot
and butternut
squash with
green lentils**

Serves 4

Ingredients

4 beetroot, peeled and cut into wedges

1 small butternut squash, peeled and diced (or use a bag of diced butternut squash and sweet potato)

Drizzle of olive oil

½ tsp cumin seeds

½ tsp chilli flakes

200g green beans

200g ready-to-eat green lentils

Juice of half a lemon

100g feta cheese

Handful of mint leaves,

Method

1. Preheat the oven to 200C/Gas 6.
2. Place the beetroot and butternut squash on a baking tray and drizzle with olive oil. Season with a pinch of salt and freshly ground black pepper and then sprinkle on the cumin seeds and chilli flakes and bake in the oven for 45 minutes.
3. Meanwhile, place the green beans in a pan of boiling water and cook for 5 minutes. Drain and slice diagonally in half.
4. Place the lentils in a large bowl and add the roasted veg and green beans.
5. Sprinkle on the lemon juice, crumble on the feta and scatter the mint leaves.

“Forget overprocessed supermarket hummus and make your own with a healthy twist. Beetroots are packed full of nutrients including vitamin C, folate and potassium as well as plenty of fibre. Leave it coarse to maintain the fibre content.”

Dietitian, Dr Sarah Schenker



Beetroot hummus

Serves 8

Ingredients

500g raw beetroot, leaves trimmed
2 x 400g tins chickpeas, drained and rinsed
Juice of 2 lemons
1 tbsp ground cumin
4 tbsp olive oil
1 tbsp Greek yogurt

Method

1. Cook the beetroot a large pan of boiling water with the lid on for 30–40 minutes until tender. When they're done, a skewer or knife should go all the way in easily. Drain, then set aside to cool.
2. Peel the beetroot and discard the roots (wear rubber gloves to prevent your hands from staining). Roughly chop the flesh and then place into a food processor along with the chickpeas, lemon juice, cumin and olive oil and whizz together until a coarse paste has been formed. Season with a pinch of salt and freshly ground black pepper.
3. Transfer to a serving bowl and then swirl through the Greek yogurt. Serve with veg sticks, oatcakes or wholemeal pitta bread.



"A slice of this delicious sugar-free loaf makes a great healthy snack between meals, with plenty of prebiotic fibre. The apples keep the texture moist and the blackberries pack a punch of flavour."

Dietitian, Dr Sarah Schenker

Blackberry and apple loaf

Makes 8-10 slices

Ingredients

250g wholemeal spelt flour
175g butter
1 tsp mixed spice
1 tsp baking powder
1 tsp bicarbonate of soda
2 apples, peeled and grated
2 eggs
200g blackberries

Method

1. Preheat the oven to 180C/gas 4. Butter and line the bottom of a loaf tin.
2. In a large bowl, rub the flour and butter together with your fingers to make fine crumbs. Gently stir in the mixed spice, baking powder and bicarbonate.
3. Whisk the eggs in a bowl and stir in the apples. Add to the flour mixture and lightly stir in being careful not to over mix.
4. Gently fold the berries with a metal spoon. Spoon into the tin and level off. Bake for 1¼ -1 hour 20 minutes. Check with a skewer after 50 minutes and cover loosely with foil if it is browning too much.

"A soothing bedtime drink, the almond milk will also provide calcium, which is needed to make the sleep hormone melatonin. Melatonin has been shown to synchronize the circadian rhythms, and improve the onset, duration and quality of sleep."

Dietitian, Dr Sarah Schenker



Almond and chai tea

Makes 2 mugs

Ingredients

500ml almond milk
2 chai tea bags
4 cardamom pods, crushed
 $\frac{1}{2}$ tsp ground cinnamon
 $\frac{1}{4}$ tsp nutmeg
2 drops of vanilla essence

Method

1. Place the almond milk in a small saucepan and bring to a simmer. Add the spices and simmer for a further minute or so.
2. Take off the heat, add the chai tea bags and steep for 2-3 minutes.
3. Remove the tea bags before serving.



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