



Probiotics are foods that are rich in (we like to say teaming with) the type of good bacteria your gut needs. They included yogurt, kefir, miso and soy, tempeh and tofu, kombucha, sauerkraut, kimchi and more.

All of these foods are created through a fermentation process that allows beneficial bacteria to proliferate.

We like to say that we "seed" the gut with probiotic bacteria. We then "feed" these bacteria with prebiotic rich foods.

So take a look at the recipes in this pack and pair them with our Prebiotic recipe pack. Then you have the perfect formula for your gut.

Now, if you have had any gut issues, or are not used to these fermented foods go easy on them at first. Sometimes it takes a little while to get used to them. But trust me, you need them to thrive!



## Berry & Greek Yogurt Smoothie

1 serving

5 minutes

### Ingredients

1/2 cup Plain Greek Yogurt  
 1 tbsp Raw Honey  
 1 Banana (frozen)  
 1 cup Frozen Raspberries  
 1 tbsp Ground Flax Seed  
 1 cup Water

### Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Ultra Creamy:** Use milk instead of water.

### Nutrition

Amount per serving	
Calories	369
Fat	6g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	1g
Carbs	70g
Fiber	11g
Protein	15g
Vitamin A	804IU
Vitamin C	42mg
Calcium	323mg
Vitamin D	50IU
Vitamin K	1µg
Riboflavin	0.2mg
Vitamin B6	0.5mg
Folate	63µg
Vitamin B12	0µg
Magnesium	69mg
Zinc	1mg



## Avocado Toast with Cottage Cheese & Tomato

1 serving  
10 minutes

### Ingredients

- 1/4 cup Cottage Cheese
- 1 slice Rye Bread (toasted)
- 1/4 Tomato (sliced)
- 1/2 Avocado (sliced)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	281
Fat	18g
Saturated	3g
Polyunsaturated	2g
Monounsaturated	11g
Carbs	23g
Fiber	8g
Protein	10g
Vitamin A	637IU
Vitamin C	15mg
Calcium	75mg
Vitamin D	2IU
Vitamin K	21µg
Riboflavin	0.3mg
Vitamin B6	0.3mg
Folate	123µg
Vitamin B12	0.2µg
Magnesium	46mg
Zinc	1mg

### Directions

- 1 Spread cottage cheese onto the toasted bread. Top with tomato, avocado, and salt and pepper to taste. Enjoy!

### Notes

**No Rye Bread:** Use any type of bread, or make our Grain-Free Flax Bread. Or, omit the bread and serve it as a bowl.



## Sweet Potato Toast with Avocado & Sauerkraut

2 servings

15 minutes

### Ingredients

- 2 Sweet Potato (small, ends trimmed, sliced lengthwise)
- 1 Avocado (peeled and mashed)
- 1/3 cup Sauerkraut
- 1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	277
Fat	15g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	36g
Fiber	11g
Protein	4g
Vitamin A	18594IU
Vitamin C	17mg
Calcium	58mg
Vitamin D	0IU
Vitamin K	27µg
Riboflavin	0.2mg
Vitamin B6	0.6mg
Folate	101µg
Vitamin B12	0µg
Magnesium	65mg
Zinc	1mg

### Directions

- 1 Pop the sweet potato slices into the toaster and toast two to three times. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side, or until golden brown.
- 2 Top the sweet potato toasts with mashed avocado and sauerkraut. Season with sea salt. Enjoy!

### Notes

**Add Greens:** Add a layer of baby spinach before you spread on the avocado.

**Guacamole Lover:** Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

**No Sweet Potato:** Use bread, crackers, crispbread, pita or tortillas instead.

**Storage:** Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days.



## Lentil Tahini Burgers with Sauerkraut

4 servings

30 minutes

### Ingredients

- 2 2/3 cups Green Lentils (cooked, drained and rinsed)
- 1/4 cup Tahini
- 1/2 tsp Sea Salt
- 1 tbsp Apple Cider Vinegar
- 1/2 head Green Lettuce (separated into leaves and washed)
- 1/4 cup Unsweetened Coconut Yogurt
- 1/2 cup Sauerkraut

### Nutrition

Amount per serving	
Calories	254
Fat	9g
Saturated	2g
Polyunsaturated	4g
Monounsaturated	3g
Carbs	31g
Fiber	13g
Protein	15g
Vitamin A	246IU
Vitamin C	5mg
Calcium	127mg
Vitamin D	0IU
Vitamin K	8µg
Riboflavin	0.2mg
Vitamin B6	0.3mg
Folate	259µg
Vitamin B12	0.2µg
Magnesium	65mg
Zinc	2mg

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a food processor or blender, combine the lentils, tahini, salt and apple cider vinegar.
- 3 Form the mixture into patties using about 1/4 cup of the mixture for each patty. Bake for 20 to 25 minutes or until warmed through and firm.
- 4 Remove the burgers from the oven. Serve on a bed of lettuce and top with coconut yogurt and sauerkraut. Enjoy!

### Notes

**Leftovers:** Refrigerate the burgers in an airtight container for up to 7 days. Freeze for up to two months. Add the toppings just before serving.

**Serving Size:** One serving is equal to one 5- to 6-inch burger patty.

**More Flavor:** Add cumin and fresh herbs to the lentil tahini mixture.

**Additional Toppings:** Caramelized onions, feta, sautéed mushrooms and/or avocado.

**No Lettuce:** Use whole grain bread, brown rice tortilla wraps, collard greens, swiss chard or omit completely.



## One Pan Maple Miso Glazed Chicken with Veggies

4 servings

30 minutes

### Ingredients

4 cups Broccoli (chopped into florets)  
 2 Carrot (medium, chopped)  
 1 tbsp Extra Virgin Olive Oil  
 1/2 tsp Sea Salt (divided)  
 1/4 tsp Black Pepper  
 2 tbsps Miso Paste  
 2 tbsps Maple Syrup  
 1 tbsp Sesame Oil  
 1 tbsp Ginger (grated)  
 454 grams Chicken Thighs (boneless, skinless)

### Nutrition

Amount per serving	
Calories	283
Fat	12g
Saturated	2g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	18g
Fiber	4g
Protein	26g
Vitamin A	5690IU
Vitamin C	83mg
Calcium	72mg
Vitamin D	1IU
Vitamin K	103µg
Riboflavin	0.5mg
Vitamin B6	0.7mg
Folate	68µg
Vitamin B12	0.7µg
Magnesium	52mg

### Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Arrange the broccoli and carrots on the prepared baking sheet. Drizzle with the olive oil and season with half the salt and pepper.
- 3 In a small mixing bowl whisk together the miso paste, maple syrup, sesame oil, ginger and remaining salt.
- 4 Place the chicken on the baking sheet with the veggies and lightly brush each side of the chicken with 1/4 of the miso glaze.
- 5 Bake the chicken for 15 minutes. Remove from the oven and then coat the chicken in the remaining miso glaze. Toss the vegetables and return to oven. Bake for an additional 10 minutes or until chicken is cooked through.
- 6 Divide the chicken and veggies between plates, season with additional salt if needed and enjoy!

### Notes

**Mix it Up:** Instead of broccoli and carrots, use cauliflower and bell peppers instead.

**No Chicken Thighs:** Use chicken breast instead.

**Miso Paste:** A salty paste made from fermented soybeans. We used white miso, but any color will work in this recipe.

**Leftovers:** Will keep in the fridge for up to 3 days.

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Zinc

2mg





## Kimchi

8 servings

30 minutes

### Ingredients

- 4 cups Green Cabbage (tightly packed)
- 6 stalks Green Onion (diced)
- 1 Carrot (large, grated)
- 1 cup Radishes (grated)
- 4 Garlic (cloves, minced)
- 3 tbsps Ginger (peeled and grated)
- 1 tbsp Sea Salt
- 1 tbsp Red Pepper Flakes

### Nutrition

Amount per serving	
Calories	25
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	6g
Fiber	2g
Protein	1g
Vitamin A	1959IU
Vitamin C	21mg
Calcium	33mg
Vitamin D	0IU
Vitamin K	50µg
Riboflavin	0mg
Vitamin B6	0.1mg
Folate	28µg
Vitamin B12	0µg
Magnesium	12mg
Zinc	0mg

### Directions

- 1 Core and finely slice your cabbage. Place in a mixing bowl with all ingredients. Using your clean hands, massage the salt into the cabbage and vegetables until it starts to soften (5 to 10 minutes). Set aside and let rest for 10 minutes then massage again for another 5 minutes.
- 2 Transfer the kimchi into sterilized jars, leaving an inch of space at the top. Pack it down into the jar until the brine rises to cover the vegetables. Seal the jars with sterilized lids.
- 3 Let it ferment at room temperature for 3 to 5 days. It may bubble and that is normal. Check on your kimchi everyday and re submerge the vegetables under the brine if they rise.
- 4 Taste your kimchi on day 3. If it tastes ripe, transfer it to the fridge. If not, let it ferment another day or two.
- 5 Enjoy kimchi right away or let sit for another week or two for extra flavour. Enjoy!

### Notes

Serve it With: Burgers, salads or in our Kimchi Fried Cauliflower Rice.



## Kimchi Fried Cauliflower Rice

4 servings

20 minutes

### Ingredients

- 1 head Cauliflower (medium, chopped into florets)
- 1 tbsp Coconut Oil
- 2 cups Kimchi (liquid drained off)
- 2 tbsps Tamari
- 1 tbsp Apple Cider Vinegar
- 1/2 tsp Black Pepper
- 2 tbsps Sesame Seeds
- 2 tsps Sesame Oil
- 3 stalks Green Onion (chopped)
- 1 cup Frozen Peas (thawed)
- 4 Egg

### Nutrition

Amount per serving	
Calories	236
Fat	14g
Saturated	5g
Polyunsaturated	3g
Monounsaturated	4g
Carbs	18g
Fiber	7g
Protein	14g
Vitamin A	1542IU
Vitamin C	76mg
Calcium	147mg
Vitamin D	41IU
Vitamin K	80µg
Riboflavin	0.5mg
Vitamin B6	0.6mg
Folate	179µg

### Directions

- 1 Use a food processor to process your cauliflower florets into a rice-like consistency. Transfer to a bowl and set aside.
- 2 Heat coconut oil in a large skillet over medium heat. Add kimchi and cauliflower rice then saute for 5 minutes. Add in tamari, apple cider vinegar, black pepper, sesame seeds, sesame oil, green onion and green peas. Stir well to mix and saute for another 2 to 4 minutes or until heated through. Reduce heat to lowest setting.
- 3 In a separate frying pan, fry your eggs.
- 4 Divide kimchi fried rice between bowls and top with a fried egg. Enjoy!

### Notes

**No Cauliflower:** Use cooked quinoa or brown rice instead.

**Meat Lover:** Add chopped bacon.

**No Eggs:** Use diced chicken breast or roasted chickpeas instead.

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Vitamin B12	0.5µg
Magnesium	69mg
Zinc	2mg



## Balsamic Roasted Tempeh Bowls

6 servings

1 hour

### Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Balsamic Vinegar
- 3 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Italian Seasoning
- 500 grams Tempeh
- 1 cup Red Onion (medium, sliced)
- 6 Carrot (medium, peeled and chopped)
- 4 cups Mushrooms (quartered)
- 3 Zucchini (sliced)
- 1 1/2 cups Quinoa (dry)
- 2 1/2 cups Water

### Nutrition

Amount per serving	
Calories	474
Fat	21g
Saturated	4g
Polyunsaturated	6g
Monounsaturated	10g
Carbs	49g
Fiber	7g
Protein	27g
Vitamin A	10393IU
Vitamin C	25mg
Calcium	172mg
Vitamin D	4IU
Vitamin K	18µg
Riboflavin	0.8mg
Vitamin B6	0.7mg

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
- 3 Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
- 4 While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
- 5 To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

### Notes

**Leftovers:** Keeps well in the fridge up to 4 days.

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Folate	149µg
Vitamin B12	0.1µg
Magnesium	188mg
Zinc	3mg



## Miso Shrimp & Veggies

2 servings

15 minutes

### Ingredients

- 2 tbsps Tamari
- 1 1/2 tbsps Miso Paste
- 1/2 tsp Sesame Oil
- 255 grams Shrimp (large, peeled, deveined)
- 2/3 cup Matchstick Carrots
- 1 Red Bell Pepper (sliced)
- 3 tbsps Vegetable Broth
- 1/2 tsp Arrowroot Powder
- 3 cups Kale Leaves (roughly chopped)
- 1/2 tsp Sesame Seeds

### Nutrition

Amount per serving	
Calories	203
Fat	4g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	14g
Fiber	5g
Protein	31g
Vitamin A	6413IU
Vitamin C	108mg
Calcium	188mg
Vitamin D	0IU
Vitamin K	126µg
Riboflavin	0.2mg
Vitamin B6	0.3mg
Folate	51µg
Vitamin B12	0µg
Magnesium	72mg

### Directions

- 1 In a small bowl, whisk together the tamari, miso paste and sesame oil.
- 2 In a skillet over medium heat, add the shrimp, carrots and pepper. Pour the tamari mixture over top and cook for 3 minutes.
- 3 In a small bowl whisk together the vegetable broth and arrowroot powder to create a slurry. Add the slurry to the skillet, along with the kale. Cover and cook for 3 to 4 minutes.
- 4 Divide between plates and garnish with sesame seeds. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**More Flavor:** Add chili flakes, minced garlic or lime juice.

**Serve it With:** Serve over top of rice, cauliflower rice or quinoa.

**No Vegetable Broth:** Use bone broth instead.

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Zinc

2mg



## Pomegranate Yogurt Bark

9 servings

2 hours

### Ingredients

- 1 cup Plain Greek Yogurt
- 1/3 cup Pomegranate Seeds
- 1 tbsp Pumpkin Seeds

### Nutrition

Amount per serving	
Calories	29
Fat	1g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	2g
Fiber	0g
Protein	3g
Vitamin A	139IU
Vitamin C	2mg
Calcium	57mg
Vitamin D	11IU
Vitamin K	0µg
Riboflavin	0mg
Vitamin B6	0mg
Folate	0µg
Vitamin B12	0µg
Magnesium	0mg
Zinc	0mg

### Directions

- 1 Line a baking sheet with parchment paper, wax paper or a silicone mat.
- 2 Spread the yogurt evenly onto the lined baking sheet, about 1/4-inch thick. Sprinkle the pomegranate and pumpkin seeds overtop.
- 3 Place in the freezer until very firm, about 2 hours. Slice or break apart into pieces.

### Notes

**Leftovers:** Keep frozen in an airtight container or freezer bag for up to two months. Line with parchment paper between the pieces if needed.

**Serving Size:** Each serving equals approximately one 3 x 2.5" piece.

**Dairy-Free:** Use coconut yogurt instead.

**More Flavor:** Add vanilla extract and your sweetener of choice.

**Additional Toppings:** Add in strawberry slices, blueberries, crushed pistachios, sliced almonds, hemp seeds, shredded coconut or chocolate chips.