



Our Prebiotic Recipe Collection focuses on ingredients that feed the beneficial microflora in your gut.

You can have good bacteria, provided by probiotic rich foods, but you have to feed them too. Prebiotics are fibers that humans cannot digest, but are actually fibers your bacteria feed on.

Feeding your bacteria enables them to produce compounds called Short Chain Fatty Acids. These include butyrate which is actually fuel for the cells that line your gut. Pretty important as these are a major part of your immune systems, creating a barrier between the outside world (your gut), and your inner world (blood, cells, tissues).

Prebiotic rich ingredients in this recipe pack include asparagus, leeks, banana and edamame to name a few!



Fruit & Hemp Seed Bowls

2 servings

5 minutes

Ingredients

1 Apple (cored, chopped)
1/2 Banana (sliced)
1/4 tsp Cinnamon
2 tbsps Raisins
1/4 cup Hemp Seeds
2/3 cup Plain Coconut Milk (from the carton)

Nutrition

Amount per serving	
Calories	242
Fat	12g
Saturated	2g
Polyunsaturated	8g
Monounsaturated	1g
Carbs	32g
Fiber	4g
Protein	7g
Vitamin A	238IU
Vitamin C	7mg
Calcium	181mg
Vitamin D	34IU
Vitamin K	3µg
Riboflavin	0.1mg
Vitamin B6	0.3mg
Folate	31µg
Vitamin B12	1.0µg
Magnesium	156mg
Zinc	2mg

Directions

1 Divide all the ingredients into bowls. Enjoy!

Notes

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

Additional Toppings: Top with nuts, seeds, rolled oats and/or nut butter.

No Coconut Milk: Use almond, soy, rice or oat milk instead.



Collagen Green Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Water
- 2 cups Baby Spinach
- 1/2 Avocado
- 1/2 Banana (frozen)
- 14 grams Collagen Powder

Nutrition

Amount per serving	
Calories	274
Fat	15g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	24g
Fiber	10g
Protein	16g
Vitamin A	5811IU
Vitamin C	32mg
Calcium	106mg
Vitamin D	0IU
Vitamin K	311µg
Riboflavin	0.3mg
Vitamin B6	0.6mg
Folate	214µg
Vitamin B12	0µg
Magnesium	100mg
Zinc	1mg

Directions

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

Notes

No Collagen Powder: Omit or use protein powder instead.

No Spinach: Use kale or romaine lettuce instead.

Make it Vegan/Vegetarian: Omit the collagen and use a plant-based protein powder instead.

Leftovers: Best enjoyed immediately.



Green Goddess Bowl with Dill Hummus Dressing

4 servings
20 minutes

Ingredients

- 1/2 cup Hummus
- 1/2 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Fresh Dill (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Coconut Oil
- 8 cups Kale Leaves
- 1 Zucchini (diced)
- 1 cup Frozen Edamame (thawed)
- 1 cup Frozen Peas (thawed)
- 4 stalks Green Onion (chopped)
- 1 Avocado (diced)

Nutrition

Amount per serving	
Calories	319
Fat	23g
Saturated	6g
Polyunsaturated	5g
Monounsaturated	10g
Carbs	23g
Fiber	11g
Protein	12g
Vitamin A	3646IU
Vitamin C	63mg
Calcium	176mg
Vitamin D	0IU
Vitamin K	224µg
Riboflavin	0.4mg
Vitamin B6	0.4mg
Folate	242µg

Directions

- 1 In a jar, combine hummus, lemon juice, olive oil, dill and season with sea salt and black pepper. Shake well and set aside. (Note: Depending on the original consistency of your hummus, you may need to add a tablespoon or two of warm water to thin.)
- 2 Heat coconut oil in a large frying pan over medium heat. Add kale and zucchini. Saute just until the kale is wilted. Remove from heat and set aside.
- 3 Divide sauteed kale and zucchini between bowls. Top each bowl with edamame, green peas, green onions and avocado. Drizzle with dill hummus dressing. Enjoy!

Notes

More Protein: Add grilled chicken, tuna, sunflower seeds, extra edamame or serve over quinoa.

No Hummus: Use tahini instead.

Speed it Up: Skip step 2 and serve everything raw.

Vitamin B12	0µg
Magnesium	96mg
Zinc	2mg



Chickpea Edamame Salad with Lemon & Dill

2 servings

10 minutes

Ingredients

- 1/2 Lemon (juiced)
- 1 tbsp Avocado Oil
- 1 tsp Dijon Mustard
- 1 tsp Maple Syrup
- 2 tbsps Fresh Dill (chopped)
- 2 cups Baby Spinach (chopped)
- 1 cup Chickpeas (cooked)
- 1 cup Frozen Edamame (thawed)

Nutrition

Amount per serving	
Calories	311
Fat	13g
Saturated	2g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	34g
Fiber	11g
Protein	17g
Vitamin A	3110IU
Vitamin C	19mg
Calcium	124mg
Vitamin D	0IU
Vitamin K	169µg
Riboflavin	0.3mg
Vitamin B6	0.3mg
Folate	443µg
Vitamin B12	0µg
Magnesium	114mg
Zinc	3mg

Directions

- 1 In a large mixing bowl, whisk together the lemon juice, avocado oil, dijon, maple syrup and dill.
- 2 Toss in the spinach, chickpeas and edamame until well combined. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 to 5 days.

No Spinach: Use mixed greens, arugula, kale or romaine lettuce instead.

Soy-Free: Use green peas instead of edamame.

No Chickpeas: Use lentils or black beans instead.



Pressure Cooker Potato, Leek & Kale Soup

4 servings
25 minutes

Ingredients

- 3 cups Vegetable Broth
- 1 Leeks (white parts only, chopped fine)
- 2 stalks Celery (chopped)
- 4 Garlic (cloves, minced)
- 1 tsp Oregano (dried)
- 1/8 tsp Dried Thyme
- 1/2 tsp Sea Salt
- 3 Yellow Potato (medium, chopped)
- 2 cups Kale Leaves (stem removed, chopped)
- 1 1/2 tbsps Lemon Juice
- 1/4 cup Fresh Dill (optional, chopped)

Nutrition

Amount per serving	
Calories	158
Fat	1g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	35g
Fiber	5g
Protein	5g
Vitamin A	1413IU
Vitamin C	49mg
Calcium	84mg
Vitamin D	0IU
Vitamin K	64µg
Riboflavin	0.1mg
Vitamin B6	0.6mg

Directions

- 1 Turn your pressure cooker to sauté mode and add a splash of vegetable broth. Then add the leeks and celery and cook for 4 to 5 minutes, until softened. Add the garlic, oregano, thyme and sea salt and stir to combine, cooking for one minute more.
- 2 Turn off the sauté mode and add the potatoes along with the remaining vegetable broth. Stir to combine. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 10 minutes on high pressure. Once finished cooking, turn off and do a quick release.
- 3 Remove about 3/4 of the soup and place in a blender. Carefully blend to purée until smooth. Pour this back into the pressure cooker. Add the kale leaves and lemon juice and stir. Heat through to let the kale wilt a little. Divide into bowls, garnish with dill if using, and enjoy!

Notes

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

Serving Size: One serving is equal to about 1 1/2 cups.

More Flavor: Use oil to sauté the vegetables.

Additional Toppings: Top with red pepper flakes.

No Dill: Omit or use any other fresh herb.

Folate	55µg
Vitamin B12	0µg
Magnesium	52mg
Zinc	1mg



Creamy Artichoke Salad with Cauliflower Rice

4 servings

15 minutes

Ingredients

- 3 cups Artichoke Hearts (roughly chopped and divided)
- 1/4 cup Extra Virgin Olive Oil
- 1 tbsp Apple Cider Vinegar
- 1 1/2 tps Maple Syrup
- 1 tbsp Dijon Mustard
- 1 tsp Sea Salt
- 1 head Cauliflower (chopped into florets)
- 1 Avocado (cubed)
- 2 cups Frozen Corn (thawed)
- 1/4 cup Red Onion (finely chopped)

Nutrition

Amount per serving	
Calories	355
Fat	22g
Saturated	3g
Polyunsaturated	3g
Monounsaturated	15g
Carbs	36g
Fiber	16g
Protein	9g
Vitamin A	762IU
Vitamin C	95mg
Calcium	107mg
Vitamin D	0IU
Vitamin K	42µg
Riboflavin	0.2mg
Vitamin B6	0.5mg
Folate	155µg
Vitamin B12	0µg

Directions

- 1 In a food processor or blender, blend half the artichoke hearts, oil, vinegar, maple syrup, dijon and salt until smooth. Transfer the dressing to a salad bowl and set aside.
- 2 Pulse the cauliflower florets in the same food processor or blender in small batches until the mixture becomes a rice-like consistency.
- 3 Add the cauliflower rice, remaining artichoke hearts, avocado, corn and red onion to the salad bowl and toss with the dressing until well coated. Enjoy!

Notes

No Artichoke Hearts: Use cooked asparagus instead.

Serve it Warm: Lightly saute the cauliflower rice, artichoke hearts and corn before combining with the remaining ingredients.

Serve it With: Our 15-Minute Grilled Steak, Marinated Baked Tofu, Sweet and Crunchy Chickpeas, or Marinated Chickpeas recipe.

Magnesium	61mg
Zinc	1mg



Leek, Sweet Potato & Feta Flatbread

4 servings
20 minutes

Ingredients

- 1 Sweet Potato (cubed)
- 2 tbsps Extra Virgin Olive Oil
- 2 Leeks (trimmed and sliced)
- 1 cup Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Feta Cheese (crumbled)
- 1 tbsp Thyme
- 4 Brown Rice Tortilla

Nutrition

Amount per serving	
Calories	292
Fat	11g
Saturated	2g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	41g
Fiber	5g
Protein	6g
Vitamin A	6124IU
Vitamin C	9mg
Calcium	92mg
Vitamin D	2IU
Vitamin K	62µg
Riboflavin	0.1mg
Vitamin B6	0.2mg
Folate	50µg
Vitamin B12	0.2µg
Magnesium	29mg
Zinc	0mg

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Bring a pot of water to a boil and boil sweet potato until tender (about 10 minutes) and drain.
- 3 Heat olive oil in a frying pan over medium heat. Add the leeks and cook until soft (about 7 minutes).
- 4 Add the potatoes to the frying pan and season with sea salt and pepper to taste. Stir and cook for another 2 minutes. Add the handful of baby spinach and stir just until wilted. Remove from heat.
- 5 Spoon the sweet potato and leek mixture over brown rice tortillas. Sprinkle with feta and thyme. Place the tortillas on a pizza stone or cookie sheet and bake in oven for 12 minutes.
- 6 Either slice into pieces with a pizza cutter or pull apart and enjoy!



Steamed Artichokes with Aioli

2 servings

30 minutes

Ingredients

- 4 Artichoke
- 1/4 cup Mayonnaise
- 1 tsp Lemon Juice
- 1/4 tsp Dijon Mustard

Nutrition

Amount per serving	
Calories	309
Fat	21g
Saturated	3g
Polyunsaturated	13g
Monounsaturated	5g
Carbs	27g
Fiber	14g
Protein	9g
Vitamin A	51IU
Vitamin C	31mg
Calcium	115mg
Vitamin D	2IU
Vitamin K	83µg
Riboflavin	0.2mg
Vitamin B6	0.3mg
Folate	176µg
Vitamin B12	0µg
Magnesium	154mg
Zinc	1mg

Directions

- 1 Prepare your artichokes by trimming the tips and excess stem. Snip the spiky ends of the leaves. Rinse under running water, using your thumbs to gently open up the leaves.
- 2 Bring 2 to 3 inches of water in a pot to a boil. Insert a steaming basket and add the artichokes. Cover with a lid, lower the heat to a simmer and steam for about 30 minutes, or until the leaves peel off easily.
- 3 Meanwhile, stir the mayonnaise, lemon juice and dijon mustard in a small bowl.
- 4 Enjoy by peeling the artichoke leaves and dip the fleshy end into the mayonnaise. Use your teeth to scrape the flesh and discard the remaining leaf. Repeat until you reach the fuzzy choke. Scrape out and discard this part. Find the artichoke heart underneath and enjoy!

Notes

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

Serving Size: One serving is approximately two medium artichokes and two tablespoons of mayonnaise dip.

More Flavor: Add garlic, lemon, bay leaves or other aromatics to the boiling water while steaming the artichokes.

Make it Vegan: Use vegan butter, tamari or balsamic vinegar instead of a mayonnaise dip.



Mushroom & Barley Risotto

4 servings
40 minutes

Ingredients

- 4 cups Vegetable Broth
- 2 tbsps Extra Virgin Olive Oil
- 3 1/2 cups Mushrooms (sliced)
- 3 Garlic (clove, minced)
- 1/4 tsp Dried Thyme
- 1 tsp Sea Salt (divided)
- 1 cup Pearl Barley
- 2 tbsps Lemon Juice
- 1/4 cup Parsley (chopped, optional)
- 2 tps Nutritional Yeast (optional)

Nutrition

Amount per serving	
Calories	277
Fat	8g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	46g
Fiber	9g
Protein	9g
Vitamin A	860IU
Vitamin C	11mg
Calcium	36mg
Vitamin D	6IU
Vitamin K	70µg
Riboflavin	1.7mg
Vitamin B6	1.5mg
Folate	33µg
Vitamin B12	5.7µg
Magnesium	52mg
Zinc	2mg

Directions

- 1 Heat the vegetable broth in a medium pot over medium-high heat. Once it's simmering, reduce heat to low to keep warm.
- 2 Meanwhile, in a large pot or skillet heat the olive oil over medium heat. Add the mushrooms and cook for about 5 minutes until the mushrooms have softened. Add the garlic, thyme and half of the salt and cook for 2 to 3 minutes more.
- 3 Add the barley and lemon juice to the pan and stir to combine. Let cook for another 2 to 3 minutes and add the remaining salt.
- 4 Using a ladle or measuring cup, add 1/4 cup of the warm vegetable broth to the pan. Let the barley and broth simmer, stirring once or twice until the broth has been absorbed. Adjust the heat if needed to maintain a gentle simmer throughout the cooking process, not a boil. Continue to add the broth a 1/4 cup at a time until the barley is cooked to al dente, not mushy, about 25 to 30 minutes.
- 5 Stir in the parsley and nutritional yeast, if using, and season with additional salt if needed.
- 6 Divide the risotto between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat in the microwave or on the stove with additional stock or water.

Serving Size: One serving is roughly 1 cup of risotto.

More Flavor: Use a variety of mushrooms, like cremini, baby portabella or oyster.

Additional Toppings: Top with additional fresh herbs, nutritional yeast or parmesan cheese.



Mushroom Garlic Quinoa

4 servings

20 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 1 3/4 cups Water
- 1 1/2 tsps Extra Virgin Olive Oil
- 2 cups Mushrooms (thinly sliced)
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	184
Fat	4g
Saturated	1g
Polyunsaturated	2g
Monounsaturated	2g
Carbs	29g
Fiber	3g
Protein	8g
Vitamin A	6IU
Vitamin C	1mg
Calcium	35mg
Vitamin D	3IU
Vitamin K	1µg
Riboflavin	0.3mg
Vitamin B6	0.3mg
Folate	86µg
Vitamin B12	0µg
Magnesium	90mg
Zinc	2mg

Directions

- 1 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
- 2 While the quinoa cooks, heat olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Add garlic and saute for another 1 to 2 more minutes.
- 3 In a bowl, combine mushrooms with quinoa and season with salt and pepper. Enjoy!

Notes

Serve it With: Our Balsamic Roast Beef, Honey Garlic Chicken Thighs or any soups.

Leftovers: Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

Freezer Tip: Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.



Shrimp Asparagus Pesto Pasta

2 servings

30 minutes

Ingredients

- 3 cups Asparagus (chopped into 1 inch pieces)
- 340 grams Shrimp (uncooked, shells on)
- 2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt (or more to taste)
- 1 Lemon (sliced into rounds)
- 113 grams Chickpea Pasta
- 2 tbsps Pesto

Nutrition

Amount per serving	
Calories	564
Fat	24g
Saturated	3g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	43g
Fiber	13g
Protein	54g
Vitamin A	1764IU
Vitamin C	21mg
Calcium	247mg
Vitamin D	0IU
Vitamin K	116µg
Riboflavin	0.4mg
Vitamin B6	0.2mg
Folate	112µg
Vitamin B12	0µg
Magnesium	97mg
Zinc	4mg

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices. Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink.
- 3 While the shrimp and asparagus bake, bring a medium saucepan full of water to a boil. Add the chickpea pasta and cook according to the directions on the package. Drain and rinse the pasta and return it to the pot. Stir in pesto and mix well to combine.
- 4 Remove shells from shrimp. Mix the shrimp and asparagus into the pasta and divide between bowls. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2 to 3 days. Enjoy cold or reheated.

No Asparagus: Use green beans or zucchini instead.

Vegan: Swap out the shrimp for tofu.

More Greens: Top with microgreens.