



Belly Brew Co. Limited¹

Gut Friendly Recipes

¹ A fictitious business used to facilitate your cloud computing training

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Probiotic-Packed Smoothie Bowl

This vibrant smoothie bowl is rich in probiotics from Greek yoghurt, which can contribute to a healthy balance of gut bacteria. Berries and chia seeds provide fibre and antioxidants, supporting digestion and overall gut well-being.



Ingredients:

- 1 cup plain yogurt (preferably Greek yogurt)
- 1/2 cup mixed berries (blueberries, strawberries, raspberries)
- 1 banana, sliced
- 1 tablespoon chia seeds
- 1 tablespoon honey or maple syrup
- Granola for topping

Instructions:

1. Blend yogurt, mixed berries, banana, and chia seeds until smooth.
2. Pour the mixture into a bowl.
3. Top with granola and drizzle with honey or maple syrup.
4. Enjoy a delicious and gut-friendly smoothie bowl!

Garlic Ginger Turmeric Salmon

Salmon, known for its omega-3 fatty acids, is paired with a flavourful blend of garlic, ginger, and turmeric. These ingredients offer anti-inflammatory properties, potentially promoting a balanced gut environment. The dish is a delicious way to incorporate gut-friendly nutrients into your diet.



Ingredients:

- 2 salmon fillets
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1 teaspoon ground turmeric
- 2 tablespoons olive oil
- Salt and pepper to taste
- Lemon wedges for serving

Instructions:

1. Preheat the oven to 375°F (190°C).
2. In a small bowl, mix garlic, ginger, turmeric, olive oil, salt, and pepper.
3. Rub the mixture over the salmon fillets.
4. Bake in the preheated oven for 15-20 minutes or until the salmon is cooked through.
5. Serve with lemon wedges. The combination of ginger, garlic, and turmeric supports gut health.

Quinoa and Vegetable Stir-Fry

This stir-fry combines quinoa, a high-fibre grain, with a colourful array of vegetables. The fiber content supports digestive health, while combining soy sauce and rice vinegar adds depth of flavor. A well-balanced dish that provides essential nutrients for a healthy gut.



Ingredients:

- 1 cup quinoa, cooked
- 1 tablespoon olive oil
- 1 cup broccoli florets
- 1 bell pepper, thinly sliced
- 1 carrot, julienned
- 2 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon rice vinegar

Instructions:

1. Heat olive oil in a pan over medium heat.
2. Add garlic and sauté until fragrant.
3. Add broccoli, bell pepper, and carrot. Stir-fry until vegetables are tender-crisp.
4. Add cooked quinoa, soy sauce, and rice vinegar. Stir well to combine.
5. Cook for an additional 2-3 minutes and serve. This fiber-rich dish promotes a healthy gut.

Probiotic-Rich Kimchi Fried Rice

Kimchi, a fermented vegetable dish, is the star of this fried rice. Packed with probiotics, kimchi can enhance the diversity of gut bacteria. The addition of brown rice and vegetables ensures a fibre-rich meal, promoting gut regularity and overall digestive wellness.



Ingredients:

- 2 cups cooked brown rice
- 1 cup kimchi, chopped
- 1 cup mixed vegetables (peas, corn, carrots)
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 2 green onions, chopped
- 2 eggs, scrambled (optional)

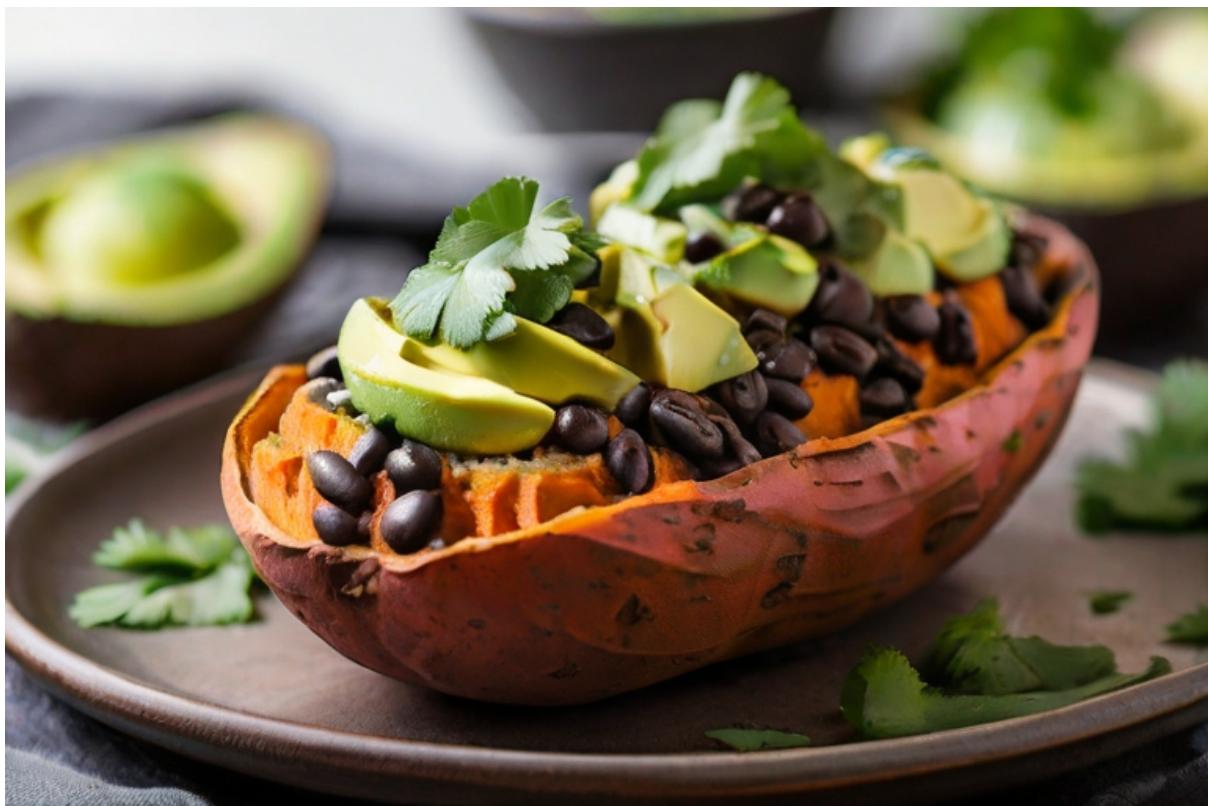
Instructions:

1. In a large pan, heat sesame oil over medium heat.
2. Add kimchi and stir-fry for 2-3 minutes.
3. Add mixed vegetables and cook until tender.
4. Stir in cooked brown rice and soy sauce.
5. Optionally, push the rice to one side of the pan and scramble the eggs on the other side.
6. Mix everything together, top with green onions, and serve. Kimchi provides beneficial probiotics for gut health.

Baked Sweet Potato with Avocado and Black Beans

Sweet potatoes are an excellent source of fiber and antioxidants, promoting gut health by supporting a diverse microbial community. Paired with black beans and avocado, this dish provides a combination of fiber, healthy fats, and nutrients that contribute to a nourished and balanced digestive system.

Incorporating these recipes into your diet can contribute to a gut-friendly eating pattern, supporting overall digestive wellness and promoting a diverse and thriving gut microbiome.



Ingredients:

- 2 sweet potatoes
- 1 can black beans, drained and rinsed
- 1 avocado, sliced
- 1/4 cup cilantro, chopped
- 1 lime, juiced
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 400°F (200°C).
2. Wash and pierce sweet potatoes with a fork. Bake for 40-45 minutes or until tender.
3. In a bowl, mix black beans, avocado slices, cilantro, lime juice, salt, and pepper.
4. Cut a slit in the baked sweet potatoes and fluff the insides with a fork.
5. Top each sweet potato with the black bean and avocado mixture.
6. Serve, and enjoy this nutrient-dense, gut-friendly meal.

These recipes incorporate ingredients known to promote gut health, such as probiotics, fiber, and anti-inflammatory components. Remember to consult with a healthcare professional for personalized dietary advice.