

## Nourish your gut with pre and probiotic foods!

**What are prebiotics?** Prebiotics are fibers in foods that promote the growth of beneficial microorganisms in the intestines.

**What are probiotics?** Probiotics are live microorganisms that support a healthy gut. Common conditions they help to treat are irritable bowel syndrome, inflammatory bowel disease, and antibiotic-related diarrhea.

Most of us are more familiar with probiotics, but what about prebiotics? It is important to eat prebiotics with probiotics because the indigestible fiber in prebiotics serves as the food for the good bacteria in the gut and help to improve the ratio of good to bad bacteria. This ratio is shown to correlate with overall health and rate of other comorbidities, such as diabetes, obesity, and heart disease.

### What are some examples of these foods?

#### Probiotic foods

- Kefir
- Yogurt
- Tempeh
- Kimchi
- Sauerkraut
- Kombucha
- Pickles
- Miso
- Dark chocolate
- Sourdough bread

#### Prebiotic foods

- Garlic
- Onions
- Leeks
- Asparagus
- Bananas
- Barley
- Oats
- Apples
- Flaxseeds
- Wheat bran

#### Vegan sources

- Coconut water kefir
- Live-cultured non-dairy yogurt (coconut, soy)
- Pickled or fermented fruits and vegetables
- Kombucha tea
- Tempeh



## **Blueberry Kefir Smoothie**

### Ingredients:

1 cup kefir  
½ medium fresh banana  
½ cup frozen or fresh blueberries  
½ teaspoon cinnamon  
A drizzle of honey, maple syrup, or stevia to sweeten

### Directions:

Place all ingredients in blender and blend for 30-45 seconds or until smooth. You can also add flaxseed, protein powder, or chia seeds.

## **Green Kefir Smoothie**

### Ingredients:

1 cup kefir  
1/3 cup cucumber, chopped  
½ apple  
2-3 Tbsp avocado  
1 handful baby spinach  
1 Tbsp fresh lemon juice

Directions: Place all ingredients in blender and blend until smooth or desired consistency is reached.

## **Vegan Chocolate Coconut Kefir Smoothie**

### Ingredients:

1 cup coconut water kefir  
2 frozen bananas  
½ avocado  
2 tbsp raw cacao

Directions: Place all ingredients in blender and blend until smooth or desired consistency is reached.