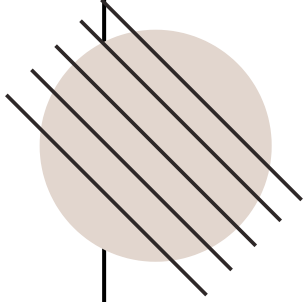


HELLO GUT

MY FAVOURITE
RECIPES FOR HAPPY
TUMMIES



naomi mellor clinical nutritionist



1 very ripe banana (approx 100g)
6 Medjool dates, pitted and roughly chopped
50ml extra virgin olive oil
2 tsp vanilla extract
1 carrot, grated (approx 140g prepped)
60g pecan nuts
75g jumbo oats
75g wholemeal flour

Optional frosting:

150g thick yogurt - any natural/plain
1 date mixed with 2 tbs hot water (or 1tbs honey)
1 tbsp chopped pecans or mixed seeds

Preheat oven to 180°C / 160°C fan / gas mark 4, and grease two baking trays.

Place the banana and 6 dates in a food processor along with the oil, half the oats and wholemeal flour, and vanilla. Blitz for approx 1 minute until you have a paste.

Squeeze the grated carrot in a clean cloth to remove the excess moisture before placing in a mixing bowl, along with the pecan nuts, remaining whole oats and wholemeal flour, and the contents of the food processor. Stir well to combine into a thick mix.

Spoon the mixture onto the baking trays, making approximately 18 cookies and gently smooth it into flat rounds using the back of the spoon.

Place in the oven and bake for 25-30 minutes until golden brown on the outside. Transfer to a wire rack and leave to cool completely.

To make the optional frosting, combine the yoghurt with the date paste (or honey) and add 1-2 tsp to the top of the cookies, or sandwich two together. Sprinkle with optional chopped pecans or mixed seeds.

carrot cake cookies



1 red pepper, chopped into large chunks
1 large tomato, chopped into large chunks
1 red onion, chopped into large chunks
1kg pumpkin chopped into large chunks
1 bulb of garlic, top chopped off
2 tsp cumin
1 tsp sea salt
½ tsp of ground black pepper
2 tbsp extra virgin olive oil
500ml vegetable stock
350g silken tofu
Toppers
Chickpeas, roasted (60g per serving)
Handful of parsley, chopped
Handful of mixed seeds (5g per serving)
Plain yoghurt- 75g per serving
Feta, crumbled (30g per serving)

Preheat the oven to 200°C / 390°F.

Place the red pepper, tomato, onion, pumpkin and the bulb of garlic in a baking tray, rubbing the cumin, sea salt, black pepper and olive oil into the vegetables. Place in the oven for 30 minutes.

Once everything is thoroughly cooked, remove from the oven and leave to cool for a few minutes.

Add everything to the blender (squeezing the garlic out of their shells) along with the vegetable stock, tofu and blend for 1-2 mins until smooth.

Serve with the toppings of your choice.

protein loaded pumpkin soup



400g tinned mixed beans, drained and rinsed

1 tbsp olive oil

1 aubergine, diced (approx 400g)

1 onion, chopped

1 tsp garlic powder

35g kalamata olives, sliced

3 sun-dried tomatoes, preserved in oil

2 tbsp worcestershire sauce

2 tsp mixed Italian herbs

10g fresh basil

2 tbsp milled flaxseeds

60g rolled oats

Tomato sauce

1 tsp olive oil

1 clove of garlic, chopped

3 sun-dried tomatoes, halves preserved in oil

200g tinned chopped tomatoes

2 tbsp basil, chopped

A pinch of salt

Optional toppers

Parmesan cheese, grated

40g spinach leaves

meatless meatball

Preheat the oven to 170°C.

Place a large frying pan over a medium heat, add the olive oil and all the base ingredients (apart from the basil, flax and oats) and sauté for 5-10 mins or until starting to colour.

Place the flaxseed and oats in a food processor and blend for 20 - 30 secs until it form coarse crumbs.

Place in a bowl and set aside.

Add the mixed beans to the flaxseed and oat mix, and roughly mash with the back of a fork.

Place the sauteed mix, along with the basil, into the food processor, combine roughly.

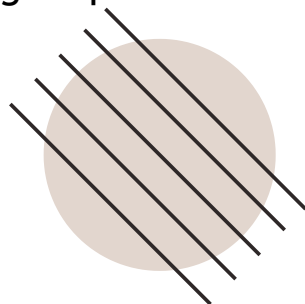
Stir the sauteed mixture into the crumb mixture and leave in the fridge to thicken for 10 mins.

Once chilled, roll into meatballs (makes around 12, approx 40g each), place on an oven tray lined with baking paper, then place in the oven for 20 mins or until golden brown.

Meanwhile, prepare your tomato sauce. Place a saucepan over a medium heat and add the oil, garlic and sun-dried tomatoes. Fry for a few mins then add in the remaining ingredients.

Reduce the heat to a gentle simmer for approx 20 mins, stirring every few minutes.

Serve the meatballs on a thick slice of sourdough bread and a bed of spinach topped with tomato sauce and a sprinkling of parmesan cheese.



meatless meatball cont...



- 2 peaches, sliced
- 2 pears, sliced
- 1 large burrata
- 3 cups rocket
- cherry tomatoes
- 2 baby gem lettuce, halved (or lettuce of your choice)
- 1/2 cup pumpkin seeds
- 1 carrot, shaved or grated
- 2 cups pearl barley, quinoa or brown rice, cooked
- 1 cup legume of your choice (we have used green lentils)
- Basil-mint vinaigrette
- 1/3 cup extra virgin olive oil
- 1/4 cup fresh basil leaves, chopped
- 1/4 cup fresh mint leaves, chopped
- 1 lemon, juiced and zested
- 1 tsp dijon mustard
- 1/4 tsp salt (or to your taste)

In a mason jar or lidded container, combine all the vinaigrette ingredients. Shake to combine.

On a large platter, layer rocket and baby gem lettuce along with the other ingredients. Tear up the burrata on top.

Drizzle the end of summer salad with basil mint vinaigrette right before serving.

summer salad



90g chia seeds
100ml almond milk
1/2 tsp vanilla extract
Thick natural or coconut yoghurt
To serve
blueberries =, strawberries or raspberries
banana, sliced
no added sugar granola

Combine the chia seeds, almond milk, vanilla extract and cinnamon in a bowl and mix until well combined.
Cover the bowl and place in the fridge to set for 1 hour.
To serve layer the chia seed pudding and thick yoghurt alternating layers in a glass jar.
Then top with fresh blueberries, strawberry or raspberries slices of banana and no added sugar granola.

chia pudding



400g cannellini beans
500ml milk of choice
1 eggplant, sliced lengthways into sheets
1 medium zucchini, cut into thin rounds
200g kale, woody stems & leaves removed, chopped
1 white onion, finely diced
2 large cloves garlic
500g tomato passata
1 handful of fresh basil
3 tbsp extra virgin olive oil
8-10 lasagne sheets
30g soft goat's cheese (or feta)
sea salt & black pepper, to taste
30g parmesan cheese

vegetarian lasagne



Preheat the oven at 200°C fan/gas mark 6.

For your béchamel sauce, add the extra virgin olive oil and chopped onions into a saucepan on medium heat. Cook for a couple of mins and then add your garlic, cannellini beans (along with their soaking liquid) and milk. Cook for a further 10 mins, stirring occasionally. While your béchamel simmers, prepare your vegetables. Set your béchamel to one side to cool. Once cooled, add 20g parmesan and blitz in a high speed blender (if you don't have a blender, you can mash your beans roughly with a potato masher).

To layer, lay your sliced aubergine across the base of an ovenproof dish. Evenly spoon a layer of passata and sprinkle with some fresh chopped basil. Add a single layer of lasagne sheets and coat with your béchamel. Season each layer with salt and pepper. Add a layer of courgette, cover with passata and basil, top with lasagne sheets and béchamel. Now add your kale and repeat the previous steps until you reach the top of your baking dish.

Top your final layer of lasagne sheets with a generous portion of béchamel, cover with goat's cheese (or feta) and remaining parmesan. Sprinkle any chopped basil you have left on top.

Bake in the oven for 30 to 35 mins, or until golden and bubbling. Leave to rest for 10 mins before portioning and serving. If you have any old bits of cheese or herbs hanging around in the fridge, throw them in!

vegetarian lasagna cont..



400g of porridge oats
3 tbsp ground flaxseed
2 tbsp chia seeds
6 soft dried figs roughly chopped (optional)
6 eggs
¼ cup extra virgin olive oil
400g from list below (mixed)
Walnuts roughly chopped
Hazelnuts roughly chopped
Almonds roughly chopped
Linseeds
Poppy seeds
Sesame seeds
Pumpkin seeds
Sunflower seeds
Hemp seeds

In a large mixing bowl add all the dry ingredients and stir to combine. In a separate bowl whisk the eggs and extra virgin olive oil.

Add the eggs to the dry ingredients and mix thoroughly until combined.

Add the mix to a lightly oiled loaf tin and push the mix down to compact. Place the loaf on the bottom shelf of a cold oven and turn on to 180°C fan. Cook for 60 minutes.

Remove from the oven and allow to cool completely before turning out. You may need to run a knife around the edges to remove.

Slice into thin slices 3-5mm thick, serve with nut butters, chia jam, yogurt and berries, cream cheese, smoked salmon, and dill. Or you can toast and serve with cheese and dried fruits.

nut loaf



- 1 tbsp extra virgin olive oil
- 2 garlic cloves, grated
- 10 sundried tomato halves, preserved in oil, chopped (approx. 85g)
- 1 tin of chopped tomatoes (400g)
- 20g basil, roughly chopped
- 200g passata
- Stuffed Pasta
- 250g fresh spinach
- 24 conchiglie shells or 12 cannelloni tubes (about 175g)
- 1 tin of mixed beans, drained and rinsed (400g)
- 120g peas, fresh or frozen
- 250g ricotta
- 150g feta, crumbled
- TO SERVE
- 20g pine nuts
- 20g Parmesan, grated

Heat the olive oil in a saucepan and add the garlic. Cook for a couple of minutes until aromatic and then add the sundried tomatoes, chopped tomatoes, 100ml water, basil, passata and season to taste. Cook on a low heat for around 15 minutes with the lid off. In the meantime, make the pasta filling by heating a large saucepan and adding the spinach with a splash of water. Place a lid on and let the spinach wilt for a couple of minutes. Then transfer to a sieve and squeeze out the excess water before placing in a food processor. Add the beans and peas, and blitz until roughly smooth (approx. 2 minutes). Stir in the ricotta and feta.

Preheat the oven to 200°C/180°C fan/gas mark 6.

Lightly oil an ovenproof dish (approx. 25cm x 30cm). Pour in the cooked rich tomato sauce and spread out in an even layer.

Rinse the saucepan and fill with water. Bring to the boil and cook the pasta shells for 2 minutes less than the pack instructions, so they're just cooked and holding their shape. Drain the shells and, once they're cool enough to handle, stuff them with the filling and place all the filled shells in the tomato sauce.

Scatter the pine nuts and grated Parmesan over the top and bake for approx. 20 minutes until golden brown.

Short on time? Scrap the tomato sauce recipe and use your favourite ready-made tomato and basil pasta sauce.

Keeps in the fridge for 3 days. The uncooked filling can keep in the freezer for up to 1 month. Defrost overnight in fridge, then stuff your shells and cook following the recipe instructions.

spinach, ricotta shells



20g walnuts
20g almonds
85g no added sugar granola
3 soft Medjool dates, pitted
½ tbsp extra virgin olive oil
¼ tsp sea salt
For the filling
220g raw cashews, soak for 4 hours, then drained
½ cup full fat coconut milk
45g Medjool dates (soaked in warm water)
¼ cup fresh lemon juice (plus 1 tablespoon zest)
2 tsp pure vanilla extract
For the topping
300g frozen raspberries (thawed a little)
½ tsp lemon juice
1 Medjool date (finely chopped)
2 tbsp chia seeds

In a food processor, pulse the walnuts, granola, dates, extra virgin olive oil and salt together until a crumble is formed. Line an 8x4" loaf pan with greaseproof paper allowing a little extra to overhang on each side, this makes it easier to remove later. Press the crust into the bottom of the pan. Freeze for at least 10 minutes.

In a high-powered blender, blend the cashews, coconut milk, soaked dates, lemon juice, zest, and vanilla until creamy (1-2 mins). Pour the filling over the crust and smooth until even. Freeze until this layer is firm, at least 2 hours.

In the blender, combine the raspberries, lemon juice, date and chia seeds. Blend until smooth. Pour the raspberry mixture on top of the frozen cheesecake layer and smooth until even. Freeze for 4 hours or overnight.

When ready to serve, let the cheesecake sit for 10-15 minutes before slicing and serving.

raspberry, cashew cheesecake

THE why....



Feeding your gut microbiome is important because the microorganisms living in your digestive system (bacteria, fungi, viruses, and other microbes) play a crucial role in maintaining overall health.

Here are some key reasons why a healthy and well-fed gut microbiome is essential:

Digestive Health: Your microbiome helps break down food that your body can't digest on its own. For example, certain fibers and complex carbohydrates are fermented by gut bacteria into short-chain fatty acids, which provide energy and support the gut lining.

Immune System Support: A balanced microbiome plays a critical role in regulating immune function. It helps protect against harmful pathogens by maintaining a healthy gut barrier and producing antimicrobial substances.

Mental Health (Gut-Brain Axis): There's growing evidence of a link between the gut and brain, often called the gut-brain axis. A healthy microbiome may influence mood, stress levels, and mental health conditions like anxiety and depression. Some gut bacteria produce neurotransmitters (like serotonin), which impact brain function.

Nutrient Absorption: The microbiome helps the body absorb certain nutrients, including vitamins (e.g., B vitamins, vitamin K) and minerals (e.g., magnesium, calcium). These are essential for energy, bone health, and overall well-being.

Metabolism and Weight Regulation: Your gut microbiome affects how you metabolize food and store fat. An imbalanced microbiome has been linked to conditions like obesity, insulin resistance, and metabolic syndrome.

Reducing Inflammation: A healthy microbiome can help reduce systemic inflammation, which is associated with a wide range of chronic diseases, including heart disease, diabetes, and autoimmune disorders.

Disease Prevention: A diverse and balanced microbiome has been shown to reduce the risk of certain diseases, such as inflammatory bowel diseases (IBD), diabetes, and even some cancers.

How to Feed Your Gut Microbiome

To keep your microbiome healthy, it needs a variety of foods, especially those rich in fiber, polyphenols, and prebiotics. Here are some foods that help:

Fiber: Found in fruits, vegetables, legumes, and whole grains. Fiber acts as food for beneficial bacteria.

Prebiotics: Found in foods like garlic, onions, bananas, leeks, asparagus, and chicory. These foods nourish the "good" bacteria in the gut.

Probiotics: Fermented foods like yogurt, kefir, sauerkraut, kimchi, and kombucha contain live beneficial bacteria that can boost gut health.

In summary, nourishing your gut microbiome with the right types of food helps maintain a healthy digestive system, supports immune function, and can positively impact your mood, metabolism, and overall health.



Naomi Mellor, BHSc
Clinical Nutritionist/Naturopath

50 main street
Foster 3960
ph: 0403 007973
e: askthyme@gmail.com

