

# 5 FAST GUT-FRIENDLY BREAKFASTS RECIPES

(QUICK, TASTY, AND MICROBIOME-APPROVED)

Your gut is home to trillions of microbes that influence digestion, immunity, mood, and more. Feeding them the right foods can boost your health from the inside out.

This booklet gives you five quick, gut-friendly breakfasts — each combining probiotics, prebiotics, and nutrient-rich ingredients to support your microbiome and start your day feeling good.

🌱 When your gut's happy, so are you.



**Simply Gut Health**



# Overnight Chia Pudding

## What to do:

Mix 3 tbsp chia seeds with 1 cup unsweetened almond milk.

Add ½ tsp cinnamon (anti-inflammatory) and a handful of fresh or frozen berries.

Refrigerate overnight (or at least 4 hours) so the chia absorbs the liquid.



## Why your gut loves it:

Chia seeds are rich in soluble fiber which forms a gel in your gut, helping regulate digestion and feeding beneficial bacteria.

Berries provide polyphenols — plant compounds that encourage microbial diversity.

# Probiotic Yogurt Bowl

## What to do:

Use  $\frac{3}{4}$  cup unsweetened probiotic yogurt (dairy or coconut-based).

Top with 1 sliced kiwi and 1 tbsp ground flaxseed.



## Why your gut loves it:

Yogurt with live cultures supplies probiotic strains like *Lactobacillus* and *Bifidobacterium*.

Kiwi contains actinidin, an enzyme that may aid protein digestion, plus both soluble and insoluble fiber.

Flaxseeds add omega-3 fatty acids and lignans that support anti-inflammatory pathways.

# Sourdough Avocado Toast

## What to do:

Toast 1-2 slices of authentic sourdough bread (look for “long-ferment” on the label).

Spread with ½ mashed avocado, sprinkle with hemp seeds, and a pinch of sea salt.



## Why your gut loves it:

The fermentation process in sourdough partially breaks down gluten and phytic acid, making it easier to digest.

Avocado is full of fiber and monounsaturated fats, which help regulate inflammation.

Hemp seeds add complete plant protein and omega-3 fats.



# Gut-Loving Smoothie

## What to do:

Blend 1 handful baby spinach, 1 banana, 1 cup kefir, and ½ cup frozen blueberries.

Optional: add 1 tbsp oats for extra prebiotic fiber.



## Why your gut loves it:

Kefir is a fermented drink with multiple probiotic strains — more diverse than most yogurts.

Spinach and banana are rich in prebiotic fibers like inulin and resistant starch, which feed your microbiome.

Blueberries contain anthocyanins, linked to reduced gut inflammation.

# Warm Oats with Berries

## What to do:

Cook ½ cup rolled oats in 1 cup oat milk until creamy.

Top with a handful of mixed berries and 1 tbsp pumpkin seeds.



## Why your gut loves it:

Oats are high in beta-glucan, a soluble fiber that helps produce short-chain fatty acids (SCFAs) — key fuel for gut cells.

Pumpkin seeds provide magnesium and zinc, both important for gut lining integrity.



Gut Health Tip: Pairing prebiotics (fibers that feed good bacteria) with probiotics (the bacteria themselves) in your breakfast can supercharge your microbiome.

## How Simply Gut Health Can Help

We offer:

- Email Support: Personalised, science-based answers to your flare pattern.
- Email Support for Hospital and GP Appointments, to make sure you have the tools and information to advocate for yourself
- 1:1 Appointments: Bespoke support plan that fits your life.
- Facebook Support Groups: Talk, vent, share, and feel understood.

Kind science. Real answers. Practical support.  
Let's take this on together.

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