

# SIMPLE GUT-FRIENDLY RECIPES FROM THE BREAK ROOM



## Happy gut overnight oats

Our take on the easy breakfast phenomenon. Oats are rich in prebiotics and full of fiber to help promote a balanced gut. Make these oats in a mason jar the night before work or play for a healthy, meal-prepped breakfast on the go.

### Ingredients:

- ½ cup oats
- 1 cup milk (or dairy alternative like almond milk)
- 1 tbsp chia seeds or ground flaxseeds
- 2 tsp honey or maple syrup
- Handful of fresh fruit (i.e. berries, banana, apple)
- 1 tbsp nut butter of choice

### Directions:

- Combine all ingredients together and leave in the fridge overnight. Enjoy!



## Phyto-full nachos

Try this healthier version of a crowd favorite. These loaded nachos can be made with brussels sprouts or sweet potatoes as the base, rather than chips. Both options are packed with phytonutrients (hence the name), fiber and antioxidants, promoting better digestion and gut health.

### Ingredients:

- 2 lbs brussels sprouts (shaved or halved) OR 3 large sweet potatoes
- 2-3 tbsp olive oil
- 1 white onion
- 1 lb of ground turkey (optional)
- ½ cup water
- Taco seasoning (packet or homemade)
- 1 (15 oz) can of black beans (drained & rinsed)
- 1 cup shredded cheddar cheese
- Toppings: tomato, avocado, salsa, Greek yogurt, jalapenos and cilantro
- Salt and pepper to taste

### Directions:

1. Preheat oven to 400°F.
2. Slice sweet potatoes into thin rounds and dice the onions. For brussels sprouts, buy them shaved or whole and then half horizontally.
3. Drizzle the veggies with olive oil and evenly coat on a sheet pan.
4. Bake for 20 minutes until crispy (flip sweet potatoes halfway through).
5. Cook the ground turkey in a nonstick pan over medium heat until it's no longer pink (3 to 5 minutes). Stir in taco seasoning and water. Cook until liquid is absorbed.
6. Remove pan from the oven and add meat and beans. Sprinkle with cheese and put back into the oven until cheese is melted (about 5-7 minutes).
7. Take out of the oven and add your toppings. Enjoy!



For more tips on how to eat a gut-friendly diet, talk to your provider. Schedule an appointment on the My Premise Health app or [mypremisehealth.com](https://www.mypremisehealth.com).

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