

Gut-Friendly Snacks & Meal Recipes

A collection of easy-to-make, delicious recipes designed to support digestion, balance gut bacteria, and boost overall health.

GUT-FRIENDLY SNACKS & MEAL RECIPES



BY SMOOTHIE.BIO

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Introduction

Your gut health plays a crucial role in digestion, immunity, and even mental well-being. While smoothies are a powerful tool for gut support, it's also essential to incorporate nutrient-dense, fiber-rich, and probiotic-packed meals and snacks into your daily routine.

This ebook provides a selection of quick, gut-friendly snacks and meal recipes that help reduce bloating, improve digestion, and promote a thriving microbiome. All while tasting delicious!

What's Inside This Ebook?

- ✓ 15+ Gut-Friendly Snack & Meal Recipes
- ✓ Prebiotic & Probiotic-Rich Ingredients to Fuel Your Microbiome
- ✓ Easy, Quick, and Tasty Recipes for a Healthier Gut
- ✓ Anti-Inflammatory & Digestive-Boosting Ingredients

Gut-Friendly Snack Recipes

Probiotic Greek Yogurt & Berry Bowl



This gut-nourishing, easy-to-make snack is packed with probiotics, fiber, and antioxidants to support digestion, microbiome balance, and overall gut health.

This bowl is creamy, refreshing, and naturally sweet, making it a perfect gut-friendly breakfast, snack, or post-workout meal.

Ingredients & Their Gut Health Benefits

1 cup Greek yogurt (or coconut yogurt for dairy-free option)

- A powerful source of probiotics, including *Lactobacillus* and *Bifidobacterium*, which help maintain gut balance.
- Supports digestion and immunity by repopulating good bacteria.
- Helps reduce bloating and improve nutrient absorption.

½ cup mixed berries (blueberries, raspberries, strawberries)

- High in polyphenols, which feed beneficial gut bacteria.
- Rich in fiber, which promotes digestion and gut motility.
- Provides antioxidants that help reduce gut inflammation.

1 tbsp chia seeds

- Contains soluble fiber, which feeds good gut bacteria and aids digestion.
- Helps regulate bowel movements and prevent constipation.
- Absorbs liquid and creates a gut-soothing, gel-like texture.

1 tbsp flaxseeds

- Provides prebiotic fiber, which supports a diverse microbiome.
- Contains omega-3 fatty acids, reducing gut inflammation.
- Helps maintain regular digestion and supports gut detoxification.

Drizzle of honey (or maple syrup for vegan option)

- Contains natural antibacterial properties to support gut health.
- Acts as a natural prebiotic, feeding good gut bacteria.

How to Make It

- 1 In a bowl, add Greek yogurt or coconut yogurt.
- 2 Top with mixed berries, chia seeds, and flaxseeds.
- 3 Drizzle with honey or maple syrup for natural sweetness.
- 4 Stir gently and let sit for a few minutes to allow the chia seeds to absorb moisture.
- 5 Enjoy immediately for a probiotic-rich, fiber-packed gut-boosting snack!

Why It's Great for Gut Health

- ✓ Greek yogurt provides probiotics to replenish gut bacteria.
- ✓ Berries offer fiber and polyphenols, supporting digestion and microbiome balance.
- ✓ Chia and flaxseeds act as prebiotics, feeding beneficial bacteria.
- ✓ Naturally anti-inflammatory, helping to soothe the digestive tract.

Gut-Healing Turmeric & Ginger Energy Bites



These nutrient-packed energy bites are a gut-friendly, anti-inflammatory snack designed to support digestion, nourish the microbiome, and provide sustained energy.

They are easy to make, naturally sweet, and loaded with ingredients that promote gut health, immunity, and inflammation control.

These soft, chewy, and slightly spiced energy bites are perfect as a healthy snack, pre-workout fuel, or digestive-friendly treat.

Ingredients & Their Gut Health Benefits

1 cup oats

- Rich in beta-glucan, a type of fiber that feeds beneficial gut bacteria.
- Acts as a prebiotic, supporting microbiome balance.
- Helps regulate digestion and prevent bloating.

½ cup almond butter (or peanut butter)

- Contains healthy fats, which help reduce gut inflammation.
- Provides protein to support gut lining repair.
- Adds a creamy texture and natural binding agent.

1 tbsp ground flaxseeds

- A great source of soluble fiber, promoting digestion and gut motility.
- Provides omega-3 fatty acids, which help reduce gut inflammation.
- Acts as a prebiotic, feeding good gut bacteria.

½ tsp turmeric powder

- A powerful anti-inflammatory that soothes the gut lining.
- Supports microbial balance and prevents harmful bacteria overgrowth.
- Works best when combined with black pepper for enhanced absorption.

½ tsp ginger powder (or grated fresh ginger)

- Aids digestion by stimulating gastric motility and reducing bloating.
- Helps relieve nausea and indigestion.
- Supports gut flora balance by acting as a mild antimicrobial agent.

1 tbsp honey or maple syrup

- Contains natural antibacterial properties to support gut health.
- Acts as a prebiotic, feeding beneficial bacteria.
- Adds a touch of natural sweetness.

A pinch of black pepper

- Enhances the absorption of curcumin (the active compound in turmeric).
- Has mild antimicrobial properties that promote gut balance.

How to Make It

- 1 In a mixing bowl, combine oats, almond butter, flaxseeds, turmeric, ginger, honey, and black pepper.
- 2 Stir well until the mixture forms a sticky dough.
- 3 Roll into small bite-sized balls (about 1-inch in diameter).
- 4 Place in the refrigerator for at least 30 minutes to firm up.
- 5 Store in an airtight container in the fridge and enjoy it as a gut-friendly snack!

Why It's Great for Gut Health

- ✓ Oats and flaxseeds act as prebiotics, feeding beneficial gut bacteria.
- ✓ Turmeric and ginger reduce inflammation and soothe digestion.
- ✓ Almond butter and honey support gut lining repair and microbiome balance.
- ✓ Easy to digest, high in fiber, and naturally anti-inflammatory.

Avocado & Sauerkraut Toast



This gut-friendly toast is packed with healthy fats, fiber, and probiotics, making it an excellent choice for digestive support, microbiome balance, and anti-inflammatory benefits.

This creamy, tangy, and nutrient-packed toast is perfect as a breakfast, snack, or light meal, giving your gut exactly what it needs to thrive.

Ingredients & Their Gut Health Benefits

1 slice whole grain or sourdough bread

- Contains fiber to support digestion and gut motility.
- Whole grains act as prebiotics, feeding beneficial gut bacteria.
- Sourdough is naturally fermented, making it easier to digest.

½ avocado (mashed)

- A source of healthy monounsaturated fats, which help reduce gut inflammation.
- Contains fiber, which promotes digestion and gut balance.
- Provides essential nutrients like potassium and magnesium for gut function.

2 tbsp sauerkraut

- A fermented food rich in probiotics, supporting a healthy microbiome.
- Helps improve digestion and reduce bloating.
- Naturally aids in nutrient absorption.

Sprinkle of hemp seeds

- Provides omega-3 fatty acids, which support gut health.

- Contains plant-based protein and fiber for better digestion.
- Helps reduce gut inflammation and support a balanced microbiome.

Drizzle of olive oil (optional)

- Rich in anti-inflammatory compounds, protecting the gut lining.
- Supports smooth digestion and nutrient absorption.

A pinch of sea salt & black pepper

- Enhances flavor while supporting digestion.
- Black pepper helps improve nutrient absorption.

How to Make It

- 1 Toast the whole grain or sourdough bread until golden brown.
- 2 Mash ½ an avocado and spread evenly over the toast.
- 3 Top with 2 tablespoons of sauerkraut for a probiotic boost.
- 4 Sprinkle it with hemp seeds, a pinch of salt, and black pepper.
- 5 (Optional) Drizzle with olive oil for extra gut-healing benefits.
- 6 Enjoy immediately for a delicious, gut-friendly meal!

Why It's Great for Gut Health

- ✓ Avocado provides fiber and healthy fats that soothe the gut lining.
- ✓ Sauerkraut is probiotic-rich, replenishing good bacteria in the microbiome.
- ✓ Whole grains or sourdough act as prebiotics, feeding beneficial bacteria.
- ✓ Hemp seeds and olive oil support gut health with anti-inflammatory compounds.

Gut-Loving Lentil & Sweet Potato Bowl



This fiber-packed, nutrient-dense meal is designed to support digestion, nourish gut bacteria, and reduce inflammation. It's loaded with prebiotic fiber, plant-based protein, and gut-friendly antioxidants, making it a perfect meal for gut health and overall wellness.

This bowl is hearty, flavorful, and packed with gut-friendly nutrients, making it a perfect lunch or dinner option.

Ingredients & Their Gut Health Benefits

1 cup cooked lentils

- A great source of prebiotic fiber, which feeds beneficial gut bacteria.
- Provides plant-based protein, supporting a healthy gut lining.
- Rich in iron and magnesium, essential for digestive function.

½ cup roasted sweet potatoesHigh in resistant starch, which promotes gut microbiome diversity.

- Contains beta-carotene, which helps protect and repair the gut lining.
- A natural source of fiber, aiding digestion and gut motility.

1 cup fresh spinach (or kale)

- Loaded with prebiotic fiber to nourish good gut bacteria.
- Rich in chlorophyll, which detoxifies the digestive system.
- Supports gut lining health with antioxidants and vitamins.

1 tbsp pumpkin seeds

- A good source of zinc, which supports gut healing and immunity.
- Provides healthy fats and fiber, helping to regulate digestion.

Drizzle of olive oil

- Contains anti-inflammatory compounds, protecting the gut lining.
- Helps with nutrient absorption.

Pinch of sea salt & black pepper

- Enhances flavor while supporting electrolyte balance for gut function.

How to Make It

- 1 Roast the sweet potatoes: Preheat the oven to 400°F (200°C). Toss cubed sweet potatoes with a drizzle of olive oil, salt, and pepper. Roast for 20-25 minutes until soft and golden.
- 2 Cook the lentils: Rinse lentils thoroughly and cook according to package instructions.
- 3 Assemble the bowl: In a bowl, layer cooked lentils, roasted sweet potatoes, and fresh spinach.

- 4 Top with pumpkin seeds and a drizzle of olive oil.
- 5 Enjoy warm or cold for a gut-boosting, nutrient-rich meal.

Why It's Great for Gut Health

- ✓ Lentils provide prebiotic fiber, feeding beneficial gut bacteria.
- ✓ Sweet potatoes contain resistant starch, promoting a balanced microbiome.
- ✓ Spinach and pumpkin seeds support digestion and gut repair.
- ✓ Olive oil and spices reduce gut inflammation, improving overall gut function.

Fermented Kimchi & Quinoa Stir-Fry



This gut-friendly stir-fry is packed with probiotic-rich kimchi, fiber-filled quinoa, and nutrient-dense vegetables, making it an excellent meal for digestive support, microbiome balance, and reducing inflammation.

This dish is savory, slightly spicy, and packed with gut-healing nutrients, making it a perfect lunch or dinner option.

Ingredients & Their Gut Health Benefits

1 cup cooked quinoa

- A gluten-free whole grain packed with fiber for gut motility.
- Contains prebiotic fiber, feeding beneficial gut bacteria.
- Supports digestion and metabolic health.

½ cup fermented kimchi

- A probiotic powerhouse, providing beneficial bacteria to the gut.
- Helps reduce bloating and improve digestion.
- Enhances immune function and gut balance.

½ cup steamed broccoli

- Provides sulforaphane, which supports gut detoxification.
- High in fiber and antioxidants, promoting gut health.

- Helps protect gut lining integrity.

1 tbsp sesame seeds

- Contains healthy fats and fiber, aiding digestion.
- Supports gut-friendly bacteria with its natural lignans.

1 tbsp tamari or coconut aminos

- A soy-based or coconut-based alternative to traditional soy sauce.
- Adds a rich umami flavor while being gut-friendly.

1 tsp olive oil or sesame oil

- Provides anti-inflammatory benefits, helping reduce gut irritation.
- Supports nutrient absorption from other ingredients.

How to Make It

- 1 Cook quinoa: Rinse quinoa and cook according to package instructions. Let cool slightly.
- 2 Steam the broccoli: Lightly steam broccoli until tender but still vibrant green.
- 3 Stir-fry ingredients: In a pan, heat olive oil or sesame oil, then add quinoa and broccoli. Stir-fry for 2-3 minutes.
- 4 Add kimchi and tamari: Stir in fermented kimchi and tamari/coconut aminos, cooking for 1 more minute.
- 5 Top with sesame seeds: Sprinkle on sesame seeds and serve warm.

Why It's Great for Gut Health

- ✓ Kimchi provides probiotics, replenishing good bacteria.
- ✓ Quinoa acts as a prebiotic, feeding beneficial microbes.
- ✓ Broccoli supports gut detoxification and gut lining health.
- ✓ Sesame seeds and tamari enhance digestion, reducing bloating.

Warm Bone Broth & Miso Soup



This nourishing, gut-healing soup is rich in probiotics, collagen, and essential nutrients that support digestion, gut lining repair, and microbiome balance. It's the perfect soothing meal for optimal gut health and immunity.

This warm, comforting, umami-rich soup is perfect for digestive support, hydration, and gut health recovery.

Ingredients & Their Gut Health Benefits

2 cups bone broth (or vegetable broth for vegan option)

- Contains collagen and amino acids that help repair the gut lining.
- Supports digestive health by reducing inflammation.
- Helps with nutrient absorption and provides hydration.

1 tbsp miso paste

- A fermented food rich in probiotics, supporting microbiome balance.
- Aids digestion and enhances gut flora diversity.
- Adds a deep umami flavor to the soup.

½ cup mushrooms (shiitake or button mushrooms preferred)

- Contain prebiotic fiber, feeding beneficial gut bacteria.
- Rich in antioxidants, helping reduce gut inflammation.
- Support immune system health.

1 tbsp chopped green onions

- Adds natural prebiotics to support gut health.
- Contains antibacterial properties that support digestion.

1 tsp sesame oil (optional)

- Provides anti-inflammatory compounds that help soothe the gut.
- Enhances flavor and supports nutrient absorption.

A sprinkle of sesame seeds & seaweed flakes

- Seaweed is high in fiber and prebiotics, promoting gut health.
- Sesame seeds provide healthy fats and help digestion.

How to Make It

- 1 Heat the bone broth in a pot over medium heat until warm but not boiling.
- 2 Add mushrooms and let simmer for 5 minutes until softened.
- 3 Remove from heat and stir in miso paste (to preserve probiotics).
- 4 Garnish with green onions, sesame oil, sesame seeds, and seaweed flakes.
- 5 Serve warm and enjoy a gut-healing, nourishing meal.

Why It's Great for Gut Health

- ✓ Bone broth repairs the gut lining with collagen and amino acids.
- ✓ Miso adds probiotics, replenishing healthy gut bacteria.
- ✓ Mushrooms and seaweed provide prebiotic fiber, supporting digestion.
- ✓ Naturally soothing and anti-inflammatory, making it perfect for gut healing and immunity support.

Lemon & Apple Cider Vinegar Gut Shot



This quick and powerful gut shot is designed to stimulate digestion, support gut microbiome balance, and reduce bloating. It's a simple yet effective way to boost gut health first thing in the morning.

This refreshing, slightly tangy gut shot is perfect for morning digestion support or as a daily gut-cleansing ritual.

Ingredients & Their Gut Health Benefits

½ cup warm water

- Helps kickstart digestion and hydrate the gut.
- Supports nutrient absorption and flushes out toxins.

1 tbsp apple cider vinegar (with the mother)

- A natural prebiotic, feeding good gut bacteria.
- Supports stomach acid production, improving digestion.
- Helps reduce bloating and balance gut pH levels.

Juice of ½ lemon

- Contains vitamin C, which supports the gut lining and immunity.
- Aids liver detoxification, helping the body remove toxins.
- Naturally alkalizing, promoting a balanced gut environment.

¼ tsp cinnamon

- Helps reduce bloating and inflammation.
- Supports gut microbiome balance and blood sugar regulation.

How to Make It

- ① In a small glass, combine warm water, apple cider vinegar, lemon juice, and cinnamon.
- ② Stir well and drink immediately.
- ③ Follow with a glass of water if needed to cleanse the palate.

Why It's Great for Gut Health

- ✓ Apple cider vinegar aids digestion and promotes healthy gut bacteria.
- ✓ Lemon supports gut lining health and improves nutrient absorption.
- ✓ Cinnamon helps regulate gut balance, reducing bloating.
- ✓ A quick, natural way to start the day, stimulating digestion.

Conclusion: Eat for a Thriving Gut

By incorporating these gut-friendly snacks and meals into your routine, you'll be supporting digestion, immunity, and long-term gut health. Combine these recipes with the GUT HEALTH SMOOTHIES from smoothie.bio for a complete, gut-healing lifestyle.

Start today and feel the difference!