



Heal your gut:

The recipe book



Health Cover for the
CommBank Family





Heal your gut: The recipe book

Welcome to *Heal your gut: The recipe book* in support of the *Supercharge your gut* challenge.

In this book, you will find a range of nourishing recipes to help feed the good bacteria in your gut, strengthen your immune system, and regulate your mood for a happier and healthier you.

These recipes have been created to help inspire you to include prebiotics and probiotics, fibre and whole foods in your diet.

Happy cooking!

The CBHS Health team

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Gut-boosting green smoothie

2 servings | 5 minutes

Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

- Swap kale for spinach if you prefer.
- Instead of honey, use maple syrup, dates or extra banana to sweeten.
- Use almond milk instead of water for extra creaminess.
- Storage: make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1-2 days.

Ingredients

2½ cups cold water
2 cups kale leaves
½ avocado, peeled and pit removed
1 frozen banana
1 tbsp chia seeds
2 tbsp ground flaxseed
¼ tbsp hemp seeds
2 tbsp raw honey



Blueberry granola smoothie bowl

1 serving | 5 minutes

Directions

1. Add the blueberries, cauliflower, spinach, milk, and almond butter to a blender and blend until smooth (scraping down the sides of the blender with a spatula or adding another splash of milk if needed as the smoothie should be thick).
2. Transfer the smoothie to a bowl and top with the granola and coconut. Enjoy!

Notes

- Best enjoyed immediately.
- Serving size: 1 serving is approximately equal to 1½ cups.
- Additional toppings: chopped nuts, seeds or sliced fruit, like strawberries or bananas.
- Make it sweeter: add maple syrup, honey, or dates, to taste.

Ingredients

1 cup frozen blueberries
½ cup frozen cauliflower
1 cup baby spinach
¾ cup oat milk (or milk of choice)
2 tbsp almond butter
¼ cup granola
2 tbsp unsweetened shredded coconut



Peanut butter cup overnight oats

3 servings | 10 minutes

Directions

1. Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder, water and optional sunflower seeds in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Divide into single-serving jars or containers. Enjoy!

Ingredients

1½ cups oats (quick or rolled)
1½ cups unsweetened almond milk
¼ cup all-natural peanut butter
2 tbsp chia seeds
2 tbsp maple syrup
1 tbsp cocoa powder
½ cup water
1 tbsp sunflower seeds (optional)

Notes

- Leftovers: refrigerate in an airtight container for up to 4 days. Add an extra splash of almond milk and/or a drizzle of honey (optional).
- Toppings: banana slices, peanuts, shredded coconut, hemp hearts or chocolate chips.
- Warm it up: heat in microwave for 30 to 60 seconds before eating.
- Use honey instead of maple syrup if preferred.
- Add ground flax seed for more fibre.



Kimchi & tofu rice bowls

4 servings | 35 minutes

Ingredients

- 1 cup brown rice, uncooked
- 485 grams tofu, extra-firm, pressed and cubed
- 3 tbsp tamari, divided
- 3 tbsp rice vinegar, divided
- 1 tbsp arrowroot powder or corn starch
- ¼ cup all-natural peanut butter
- 2 tbsp water
- 2 cups kimchi
- ½ cucumber, thinly sliced

Directions

1. Preheat the oven to 200°C and line a baking sheet with baking paper.
2. While the oven preheats, cook the brown rice according to package directions and set aside when finished cooking.
3. Add the tofu cubes to a bowl and gently toss with ⅓ of the tamari and ⅓ of the rice vinegar. Then add the arrowroot powder or corn starch and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28-30 minutes, flipping halfway through.
4. Meanwhile, pour the remaining tamari, rice vinegar, peanut butter, and water into a mason jar and shake to combine.
5. Divide the rice, tofu, kimchi and cucumber into bowls. Drizzle with the peanut butter sauce. Enjoy!

Notes

- Leftovers: refrigerate in an airtight container for up to 3 days.
- More flavour: add sriracha or chilli flakes to the dressing.
- Additional toppings: sunflower seeds, sesame seeds, or coriander.
- Swap peanut butter for almond butter, if preferred.



Tempeh taco bowl

2 servings | 20 minutes

Ingredients

½ cup quinoa, uncooked
1 tbsp extra virgin olive oil
200 grams tempeh, crumbled
1 tsp chilli powder
1 tsp cumin
½ tsp oregano
¼ tsp sea salt
1 small jalapeno pepper, seeds removed and finely chopped
1 large tomato, diced
1 lemon, juiced and divided
4 romaine lettuce leaves, chopped

Directions

1. Cook the quinoa according to package directions.
2. Heat the oil in a pan over medium-high heat. Add the crumbled tempeh and cook for about 5 minutes until browned. Add the chilli powder, cumin, oregano, salt, and jalapeno and cook for another minute.
3. Stir in the tomato and half of the lemon juice and continue to cook for another 3-5 minutes, until the tomatoes begin to soften. Add a little bit of water if the mixture starts to stick to the pan. Season with extra salt if needed.
4. To serve, divide the lettuce, quinoa, and tempeh between 2 bowls and drizzle with the remaining lemon juice. Enjoy!

Notes

- Leftovers: refrigerate in an airtight container for up to 4 days.
- More flavour: add other dried herbs and spices to the tempeh or use taco seasoning instead.
- Additional toppings: add avocado, salsa, sour cream, coriander, green onion, or extra jalapeno.
- If preferred, replace the quinoa with white or brown rice or cauliflower rice instead.
- More protein: add cooked chickpeas, black beans or shredded chicken.



Roasted broccoli quinoa salad

2 servings | 35 minutes

Directions

1. Preheat the oven to 190°C and line a baking sheet with baking paper.
2. To a large mixing bowl, add the tofu, broccoli, and onion. Season with oil, oregano, parsley, and half the lemon juice and mix well.
3. Transfer the seasoned tofu and veggies to the baking sheet and arrange in an even layer. Bake for 30 minutes, stirring halfway through, or until the broccoli is tender and the tofu has browned.
4. Meanwhile, cook the quinoa according to the package directions. Transfer the cooked quinoa to a bowl and let it cool slightly.
5. Add the roasted tofu and broccoli to the quinoa along with the remaining lemon juice and stir to combine. Top with feta, serve and enjoy!

Ingredients

175 grams extra-firm tofu, pressed and cut into 1cm cubes
3 cups broccoli, cut into florets
1½ red onion, chopped
1 tsp extra virgin olive oil
1 tsp oregano
1 cup fresh parsley, finely minced
3 tbsp lemon juice, divided
½ cup quinoa, uncooked
2 tbsp feta cheese, crumbled

Notes

- Leftovers: refrigerate in an airtight container for up to 4 days. Enjoy cold or reheated.
- Serving size: 1 serving is approximately 2 cups of salad.
- More flavour: season with sea salt and extra lemon juice. Add chopped olives, fresh parsley, and/or sundried tomatoes.
- Make it vegan: leave out the feta or use cashew-feta instead.
- If preferred, substitute the broccoli with cauliflower or Brussels sprouts.



White bean purée & sautéed mushrooms on toast

2 servings | 20 minutes

Ingredients

2 tsp white navy beans, cooked and rinsed
2 tsp dijon mustard
1 tsp lemon juice
2 tbsp extra virgin olive oil, divided
Sea salt and black pepper, to taste
8 white button mushrooms, sliced
1 tbsp parsley, chopped
2 cloves garlic, chopped
2 slices sourdough bread, toasted

Directions

1. In a food processor, purée the white beans, dijon mustard, lemon juice, and half of the olive oil until smooth. Season with salt and pepper, to taste.
2. In a medium pan over high heat, add the remaining olive oil. Once the oil is hot, sauté the sliced mushrooms for 2-3 minutes, or until cooked and golden brown, before adding chopped parsley and garlic. Sauté for another 2-3 minutes. Season with salt and pepper, to taste.
3. Spread the white bean purée evenly on top of the toasted bread.
4. Top with sautéed mushrooms and chopped parsley. Enjoy.

Notes

- Leftovers: refrigerate the white bean purée and sautéed mushrooms in separate airtight containers for up to 3 days.
- Serving size: 1 serving is equal to approximately $\frac{2}{3}$ cup white bean purée and 1 tbsp of sautéed mushrooms on a slice of sourdough bread.
- More flavour: add garlic to the purée and thyme to the sautéed mushrooms.
- Additional toppings: chilli flakes and/or fresh mint.
- Sourdough bread: 1 slice of sourdough bread is equal to approximately 50 grams.



Quinoa Greek salad

4 servings | 45 minutes

Directions

1. Cook the quinoa according to the directions on the package. Once the quinoa is cooked, fluff it with a fork and place it in the fridge for about 20 minutes, stirring occasionally to help it cool down faster.
2. While the quinoa is cooling, chop your vegetables and feta. Add everything to a large bowl or container. Add the cooled quinoa, red wine vinegar, olive oil, and season with sea salt and black pepper. This mixture can marinate in the fridge for up to 3 days.
3. Before serving, add the rocket and toss well. Enjoy!

Notes

- Dairy-free: replace feta cheese with Kalamata olives.
- Low-carb: use cauliflower rice instead of quinoa (pulse raw cauliflower in a food processor).
- Leftovers: keeps well in the fridge for 3 days.
- Enjoy on the side of a nourishing lunch or dinner.

Ingredients

1 cup quinoa, uncooked
2 large tomatoes, diced
1 cucumber, diced
½ cup red onion, diced
1 cup feta cheese, cubed or crumbled
¼ cup red wine vinegar
1 tbsp extra virgin olive oil
Sea salt and black pepper, to taste
4 cups rocket



Kefir & cabbage poppy seed slaw

4 servings | 10 minutes

Ingredients

4 cups green cabbage, thinly sliced
2 carrots, peeled and shredded
¼ cup parsley, roughly chopped
3 tbsp plain kefir
2 tbsp extra virgin olive oil
2 tbsp lemon juice
Sea salt and black pepper, to taste
1½ tsp poppy seeds

Directions

1. In a large bowl, add the cabbage, carrots and parsley.
2. In a small bowl, whisk together the kefir, oil, lemon juice, salt and pepper.
3. Pour the dressing onto the cabbage slaw and mix well to combine. Add the poppy seeds and divide evenly between plates. Enjoy!

Notes

- Leftovers: refrigerate in an airtight container for up to 3 days.
- Serving size: 1 serving is equal to about 1 cup of slaw.
- Dairy-free: use a dairy-free kefir or yoghurt.
- More flavour: add some spice such as a sliced jalapeño.
- Enjoy on the side of a nourishing lunch or dinner.



Kefir-marinated chicken with sautéed greens

4 servings | 2 hours 30 minutes

Ingredients

⅓ cup plain kefir
2 tbsp extra virgin olive oil, divided
3 tbsp lemon juice
½ tsp paprika
1 tsp sea salt, divided
800 grams chicken drumsticks
6 cups Brussels sprouts, chopped

Directions

1. In an airtight container, combine the kefir, half of the oil, lemon juice, paprika and half the salt. Submerge the chicken, close the lid, and refrigerate for at least 2 hours (skip the marinating time if you're in a rush).
2. Preheat the oven to 200°C and line a baking sheet with baking paper.
3. Place the Brussels sprouts on the baking sheet and toss in the remaining oil and salt. Add the chicken drumsticks to the same baking sheet if there's enough space, or onto a separate pan. Bake for 20-30 minutes, or until cooked through. Enjoy!

Notes

- Leftovers: refrigerate in an airtight container for up to 3 days.
- Serving size: 1 serving equals approximately 2 chicken drumsticks and 1½ cups of Brussels sprouts.
- More flavour: add minced garlic and black pepper to the marinade.
- More greens: add asparagus, spinach and kale, massaged with some olive oil and salt, into your sautéed or roasted greens for more of an antioxidant hit!



Chocolate-drizzled cookie dough bites

20 servings | 30 minutes

Ingredients

2 cups chickpeas, cooked
¼ cup almond flour
¼ cup oats
¼ cup maple syrup
1 tsp vanilla extract
1 tsp flaky sea salt, divided
170 grams dark chocolate, divided

Directions

1. In a food processor, combine chickpeas, almond flour, oats, maple syrup, vanilla and half of the sea salt. Process until smooth, stopping every 30 seconds to push down the batter with a spatula.
2. Transfer the mixture to a large bowl.
3. Chop ⅓ of the dark chocolate and add to the bowl. Stir the batter to combine.
4. Using a 2.5cm scoop or a tablespoon, portion out the batter into balls.
5. Melt the remaining chocolate and drizzle it onto the balls. Set in the fridge for 5 minutes. Top with the remaining flaky sea salt. Enjoy!

Notes

- Leftovers: refrigerate in an airtight container for up to 1 week. Alternatively, freeze the cookie dough bites, and allow to thaw for 5 minutes before consuming.
- Serving size: 1 serving is equal to approximately 1 ball.
- More flavour: for a sweeter cookie dough bite, add coconut sugar to sweeten without changing the texture.
- Additional toppings: top with freeze-dried raspberries for extra flavour and antioxidants.



Tahini & honey popcorn

1 serving | 5 minutes

Directions

1. Place popcorn in a bowl. Drizzle with tahini and honey. Add sunflower seeds and enjoy!

Notes

- Leftovers: for best results, enjoy freshly made. Refrigerate for up to 1 day.
- More flavour: add cinnamon and nutmeg.
- Additional toppings: add raisins or chocolate chips.

Ingredients

2 cups popcorn
1½ tsp tahini
1½ tsp honey
1 tbsp sunflower seeds