

TZATZIKI DIP

- Makes 12 mini quiches
- 1 container low-fat plain yogurt
- 1 cucumber, peeled, seeded, and grated
- 1 clove garlic, minced
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh mint
- 1 tablespoon fresh lemon juice
- Salt and pepper to taste



KIMCHI SALAD DRESSING

- 500 gm cabbage chopped finely
- 1/2 cup vinegar
- 2 teaspoon red chilli powder
- 1 inch ginger chopped finely
- 2 tablespoon virgin olive oil
- black pepper as required
- 1/4 cup green onion chopped finely
- 8 cloves garlic chopped finely
- 2 teaspoon soy sauce
- 1 1/2 teaspoon powdered sugar
- salt as required



FRESH X GIRLS ONLY
NIGHT ON:

GUT HEALTH

WHAT IS GUT HEALTH?

Healthy gut bacteria contributes to a strong immune system, heart health, brain health, improved mood, and healthy sleep. The benefits of an improved gut health improves the digestive system.

PREBIOTICS

The non-digestible parts of food we eat. These are the food source for the bacteria in our gut, allowing us to keep a healthy number of good bacteria in our bodies

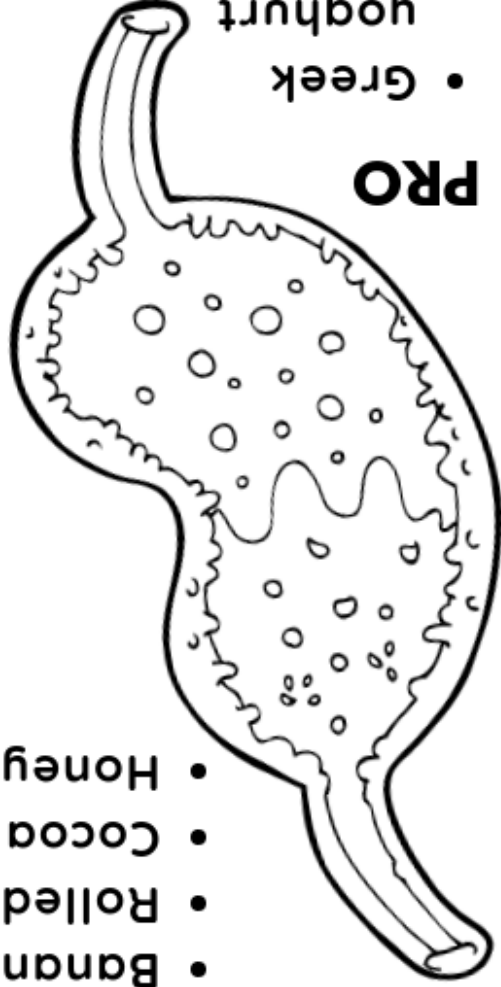
PROBIOTICS

Are the living organisms found in foods like yoghurt, these are 'friendly gut bacteria' that aid the body in getting rid of bad types of bacteria which can make us sick

PRE

- Berries
- Bananas
- Rolled oats
- Cocoa
- Honey

PRO



- Greek yoghurt
- Kimchi
- Sauerkraut

PORRIDGE TOPPINGS

- Strawberries
- cocoa powder
- Honey
- Banana
- Chia seeds

