



Top Probiotic & Prebiotic Foods

Heal your gut and boost your overall well-being with these probiotic and prebiotic-rich foods.

Barbara Horsley♥

ABDOMINAL MASSAGE
— HERBAL EDUCATION —
WOMEN'S HEALTH

8 PROBIOTIC-RICH FOODS

Boost Your Gut

Probiotic foods replenish your healthy gut bacteria and increase microbiome diversity. Aim for 1-2 servings of probiotic-rich foods each day. **Important:** Find true fermented foods in the refrigerated section. They're fermented with salt, not vinegar. Fermented pickles have a naturally cloudy brine sediment.



COCONUT YOGURT OR KEFIR

CHOOSE PLAIN, FULL-FAT, UNSWEETENED VARIETIES. AND ALWAYS CHECK THE LABEL FOR 'CONTAINS LIVE OR ACTIVE CULTURES.'

BRANDS: NANCY'S, NOOSA, ORGANIC VALLEY, SIGGI'S, & SO DELICIOUS



OLIVES

EXCELLENT FOR USE IN MEDITERRANEAN DISHES OR TO HAVE AS A SNACK.

BRANDS: DIVINA, THRIVE MARKET, MEZZETTA



SAUERKRAUT

THIS IS SHREDDED CABBAGE THAT'S BEEN FERMENTED BY LACTIC ACID BACTERIA. CHOOSE UNPASTEURIZED VERSIONS THAT HAVE LIVE, ACTIVE CULTURES.

BRANDS: BUBBIE'S, FARMHOUSE KRAUT, EDEN ORGANICS



MISO (SOY)

MADE FROM FERMENTED SOYBEANS, MISO IS RICH IN NUTRIENTS AND HAS A SALTY FLAVOR.

BRANDS: MISO MASTER, MUSO, OR EDEN FOODS



KIMCHI

A SPICY, TRADITIONAL KOREAN DISH MADE WITH FERMENTED VEGGIES LIKE CABBAGE, RADISH, OR CUCUMBER.

BRANDS: MOTHER IN LAWS, WILD BRINE, CLEVELAND KITCHEN



TEMPEH (SOY & GRAIN)

THIS HIGH-PROTEIN FOOD IS MADE FROM FERMENTED SOYBEANS. SOME TEMPEH BRANDS CONTAIN GLUTEN, SO ALWAYS CHECK THE LABEL.

GF TEMPEH BRANDS: LIGHTLIFE, WESTSOY, SOYBOY, SMILING HARA



ORGANIC YOGURT OR KEFIR (IF YOU EAT DAIRY)

SHEEP MILK YOGURT IS EASIER TO DIGEST AND LESS INFLAMMATORY THAN COW MILK YOGURT.



NATTO

A JAPANESE STAPLE, NATTO IS A FERMENTED SOYBEAN PRODUCT MADE WITH THE BACILLUS SUBTILIS BACTERIA.

YOU CAN FIND NATTO AT JAPANESE MARKETS OR ASIAN GROCERY STORES.

PROBIOTIC-RICH RECIPES

Boost Your Gut



BERRY COCONUT MILK YOGURT PARFAIT

INGREDIENTS: COCONUT MILK YOGURT, BLUEBERRIES, RASPBERRIES, APPLES, OR CHIA SEEDS SOAKED IN AN OAT MILK.



GREEK SALAD WITH OLIVES

OLIVES PAIR WITH SO MANY FOODS, GREEK SALADS, TACOS, MOROCCAN LEMON CHICKEN, POTATO SALAD, OR JUST ON THEIR OWN.



PALEO SAUERKRAUT SALAD

INGREDIENTS: SAUERKRAUT, CARROTS, CELERY, ONION, BELL PEPPER, HONEY, RAW HONEY, APPLE CIDER VINEGAR, OLIVE OIL, & SEA SALT.



BAKED MISO MAPLE GINGER SALMON

INGREDIENTS: SALMON, MIRIN (RICE WINE), MISO PASTE, GINGER, RICE VINEGAR, GARLIC, MAPLE SYRUP, & AVOCADO OIL.



CHICKEN KIMCHI SOUP

INGREDIENTS: KIMCHI, GINGER, GARLIC, COCONUT OIL, CHICKEN BROTH, FISH SAUCE, TAMARI, CHICKEN, LIME,SCALLION, & SALT.



VEGAN TEMPEH EGG ROLL BOWLS

INGREDIENTS: TEMPEH, TAMARI, RICE WINE VINEGAR, SRIRACHA, COCONUT SUGAR, GINGER, GARLIC, SESAME OIL, COLESLAW MIX, GREEN ONIONS, & SESAME SEEDS.



SPARKLING CRANBERRY KOMBUCHA MOCKTAIL

INGREDIENTS: KOMBUCHA, CRANBERRY JUICE, GINGER, & ROSEMARY.

OPTIONAL: GARNISH WITH FRESH CRANBERRIES.



NATTO MISO SOUP

INGREDIENTS: NATTO, MISO PASTE, DASHI, MUSHROOMS, SCALLIONS, & WATER.

SAVE MONEY!

Make your own

Fermenting your own vegetables is super easy and inexpensive. All you need is salt and cabbage. But you can ferment other veggies as well and add spices like caraway seeds. I recommend the book Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods by Sandor Katz but you can find free simple recipes online as well.



Basic Recipe Overview

5 lbs (2 kilograms) cabbage, 3 Tablespoons/45 milliliters sea salt

- Chop or grate the cabbage and place it in a large bowl.
- Salt the cabbage with non-iodized salt that does not have additives or anti-caking agents. I use fine Himalayan pink salt. Avoid coarse-grain salt or grind it first.
- Pound or massage the cabbage to release its juices. Sprinkle the salt as you go.
- Transfer the cabbage to glass or ceramic jar(s) or crock (I use a wide mouth mason jars) and use a tamper to push the cabbage down into the jar to remove any air pockets until the cabbage is completely submerged under the brine. The cabbage releases its own juices when massaged with salt.
- Cover the cabbage with a plate or glass weight. Then cover the jar with a cloth or use a fermentation lid. Put the jar in a cool place in the kitchen where you won't forget about it. Tamp it down every day to make sure the cabbage stays submerged in the brine.
- Taste the sauerkraut daily after the first few days until it reaches the desired texture and level of tanginess. How long it takes depends on the room temperature and desired taste. Usually 1-4 weeks.
- Screw the lid on tight and store the finished sauerkraut in the fridge.

Note: I've used variations including caraway seeds, slivered carrots, beets, and/or radishes mixed in with the cabbage. There are lots of options!

8 PREBIOTIC-RICH FOODS

Feed Your Gut

Prebiotics foods are packed with dietary fiber that feed your beneficial gut bacteria. Aim for 1-2 prebiotic-rich foods each day



JERUSALEM ARTICHOKES

JERUSALEM ARTICHOKES, ALSO KNOWN AS SUNCHOKES, ARE PART OF THE SUNFLOWER FAMILY. A 100 GRAM SERVING CONTAINS 2 GRAMS OF THE PREBIOTIC FIBER INULIN. THEY CAN BE EATEN COOKED OR RAW.



ASPARAGUS

THIS POPULAR GREEN VEGGIE IS LOADED WITH ANTIOXIDANTS AND SOLUBLE FIBER, SUPPORTING YOUR IMMUNE AND DIGESTIVE HEALTH.



ONIONS

THIS VERSATILE VEGGIE IS RICH IN THE PREBIOTIC FIBERS INULIN AND FOS, WHICH PROMOTE HEALTHY DIGESTION.



GARLIC

THIS FLAVORFUL HERB IS PACKED WITH IMMUNE-BOOSTING BENEFITS. BUT IT'S PREBIOTIC FIBERS ALSO PROMOTE THE GROWTH OF BIFIDOBACTERIA IN THE CUT.



BANANAS

GREEN, UNRIPE BANANAS ARE HIGH IN RESISTANT STARCH, WHICH HAS ACTS AS FOOD FOR YOUR FRIENDLY GUT BACTERIA. RIPE YELLOW BANANAS HAVE THIS FIBER AS WELL, BUT IN SMALLER AMOUNTS. CAUTION: TOO MANY UNRIPE BANANAS CAN CAUSE CONSTIPATION.



CHICORY ROOT

PART OF THE DANDELION FAMILY, CHICORY IS PACKED WITH THE PREBIOTIC FIBER INULIN. IT'S COFFEE-LIKE TASTE MAKES IT A GREAT OPTION FOR THOSE LOOKING TO CUT CAFFEINE.

BRANDS: FRONTIER & MONTERREY BAY



DANDELION GREENS

THESE GREENS HAVE A BITTER, SPICY KICK SIMILAR TO ARUGULA AND ARE PACKED WITH PREBIOTIC FIBER.



BEANS/LEGUMES

BEANS AND LEGUMES ARE RICH IN PREBIOTIC FIBERS. TO ENHANCE DIGESTIBILITY (AND PREVENT GAS), ALWAYS SOAK DRIED BEANS OVERNIGHT AND COOK THEM WELL. SCRAPE OFF ANY OF THE FOAM AFTER COOKING.

PREBIOTIC-RICH RECIPES

to feed your gut



ROASTED JERUSALEM ARTICHOKES

INGREDIENTS: JERUSALEM ARTICHOKES, OLIVE OIL, GARLIC POWDER, SALT, PEPPER & PARSLEY LEAVES.



LEMON GARLIC ROASTED ASPARAGUS

INGREDIENTS: ASPARAGUS, OLIVE OIL, GARLIC, GARLIC POWDER, LEMON, SALT & PEPPER.



ROASTED GARLIC MASHED CAULIFLOWER

INGREDIENTS: CAULIFLOWER, MILK (DAIRY OR COCONUT), OLIVE OIL, GARLIC, ROSEMARY, THYME, SALT & PEPPER.



GLUTEN-FREE FRENCH ONION SOUP

INGREDIENTS: ONIONS, ARROWROOT POWDER, BEEF BROTH, COCONUT AMINOS, APPLE CIDER VINEGAR, GHEE, THYME, BAY LEAF & SALT.



SPINACH, BANANA & PEANUT BUTTER SMOOTHIE

INGREDIENTS: BANANA, SPINACH, YOGURT, GROUND CINNAMON, FLAX MEAL, NUT BUTTER & ICE CUBES.



ROASTED CHICORY ROOT COFFEE ALTERNATIVE

INGREDIENTS: CHICORY ROOT GRANULES, WATER, CINNAMON, SWEETENER OF CHOICE (HONEY, MAPLE SYRUP, OR STEVIA).



DANDELION GREENS SALAD WITH BALSAMIC

INGREDIENTS: DANDELION GREENS, STRAWBERRIES, RED ONION, BALSAMIC VINEGAR, OLIVE OIL & DIJON MUSTARD.



EASY THREE BEAN CHILI

INGREDIENTS: OLIVE OIL, ONION, GARLIC, JALAPENOS, CHILI POWDER, CHIPOTLE POWDER, BLACK BEANS, KIDNEY BEANS, PINTO BEANS, DICED TOMATOES, COCOA POWDER, VEGGIE BROTH, SALT & PEPPER.

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