



Listen to Your Gut

Gut Healthy RECIPES

Kim Basinger once said, "I feel there are two people inside me — me and my intuition. If I go against her, she'll screw me every time, and if I follow her, we get along quite nicely." Yep, sounds about right. Right? Between 15 and 30 feet (post-mortem) of our gastrointestinal highway starts at the stomach, then goes all the way to the, uh, er... 'exit ramp' if you will. (FUN FACT: the small intestine is longer than the large intestine — so who named that one?). As we age, how do we deal with issues like bloating and gas (AKA gridlock), IBS (AKA never-ending potholes), or how do we steer when the 'express lane is in

overdrive' (AKA diarrhea)? Our gut really IS the depot of emotion; it literally makes more neuro-chemicals than your brain. Fun stuff like puberty, pregnancy, lactation, peri/meno/post-menopause, and just stressful life events can radically affect our digestive system. For me, I carry all my stress in my gut. Headaches? No. Constipation like a freeway standstill? Yep. So if you want a healthy, internal interstate free of unexpected detours, here are some simple recipes that guarantee all green lights.

**Written by
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Feel free to reach out to me at **healthybellieshappybrains@gmail.com** and I'm happy to answer questions about this month's topic. As a certified chef with a certification in Adult and Child Nutrition, I've spent over 30 years in the food space as a chef, BOH, FOH, caterer, private chef, educator, recipe developer, culinary content creator, and cookbook author and editor. I'm happy to collaborate with you and your personal care team to develop personalized menus that fit your needs!



"Fauxgurt" Recipe



Most store-bought brands of yogurt are loaded with sugar, and the ones that aren't (if you can find them) are pricey at best. Make a batch and enjoy all week long!

Ingredients:

- 1 cup sour cream (any fat content)
- 1 tablespoon heavy whipping cream
- 1 tablespoon agave, honey, or sugar alternative of your choice (optional)
- ½ teaspoon extract of your choice (vanilla, coconut, maple, lemon, etc.)

Instructions:

- Mix all ingredients and top with your fave fruits, nuts, or granola.
- Store covered in the refrigerator for up to 5 days.

Not to be confused with pickling, which uses vinegar as an external acid, fermenting uses a saltwater brine, creating a probiotic-positive lactobacillus environment and a delish addition to any snack board!

Ingredients:

- 1 pound carrots, washed, peeled, and cut into sticks
- 1 clove garlic, sliced thin
- Red pepper flakes (optional)
- Brine: 2 teaspoons kosher (non-iodized) salt, Himalayan pink salt, or sea salt dissolved in 2 cups water

Instructions:

- Place garlic on the bottom of a 1-quart Mason Jar with a sprinkle of red pepper flakes
- Layer carrots on top, and place a heavy stone (a 'pickle pebble' or a Ziploc baggie filled with water) on the top of the carrots and cover with brine. Wipe the mouth of the jar clean and cover with a clean, dry cheesecloth. Screw on the Mason jar lid and store in a dark place for 2-4 weeks.
- Once the carrots are fermented to your desired crunch, remove the cheesecloth, cover with a Mason jar lid and the ring, and store in the refrigerator.



PRO TIP:

Use non-chlorinated water! Boil tap water for 20 minutes, let it cool, and store in the fridge until you're ready to ferment.

Fermented Carrots