


The wonders of your **gut** **microbiome**



minimil



The gut microbiome: your body's hidden powerhouse

Humans have evolved to live with microbes for millions of years.

During this time, microbes have learned to play very important roles in the human body. Each person has an entirely unique network of microbiota that is originally determined by one's DNA. A person is first exposed to microorganisms as an infant and later influenced by diet and environment. These microbes, mostly helpful,

work together to support our immune system, digest food, and produce essential vitamins.

The gut houses trillions of microbes comprising bacteria, viruses, fungi, and others. While many of us have heard that gut health and microbes are essential, few of us understand why and what we should do to support our gut bacteria.



Your gut microbiome key functions



Fiber Digestion

Gut microbes break down fibers from fruits and vegetables, producing short-chain fatty acids that nourish our gut cells.



Vitamin Production

Our gut microbiome acts as a mini vitamin factory, producing essential B and K vitamins.



Pathogen Defense

Gut microbes help fight harmful germs, protecting us against various diseases.



Mental Health Support

The gut-brain axis connects our digestive system to our brain. Gut bacteria can influence mood and may be linked to conditions like depression and anxiety.

These are just a few of the incredible roles the gut microbiome plays. This complex system also regulates metabolism, strengthens the immune system, detoxifies harmful substances, and reduces inflammation. It's no surprise the gut is often called the **"second brain"**!

5

simple steps
to boost your
gut health

1

Diversify you plant intake

- ✓ Aim for 30 different plants weekly
- ✓ Experiment with new herbs and spices
- ✓ Try an unfamiliar fruit or vegetable each week
- ✓ Include a variety of canned and frozen produce
- ✓ Add seed and nut blends to your meals



2

Reduce ultra-processed foods

- ✓ If reading the ingredients list takes you longer than eating it, think twice.
- ✓ Replace packaged snacks with less-processed ones
- ✓ Switch industrial breads and cereals for breakfast to artisanal sourdough breads or yogurt topped with fruit and nuts.
- ✓ Pack homemade lunches instead of buying pre-made meals
- ✓ Prepare sauces and dressings from scratch



3

Eat more fermented food

- ✓ Add small portions of fermented foods to meals.
- ✓ Try adding pickled vegetables as a side to your dinner, or as a topping to a salad.
- ✓ Explore making homemade fermented foods



4

Munch on more colorful foods

- ✓ Add a new color to your meal today.
- ✓ Try a different colored version of your go-to vegetable.
- ✓ Use extra virgin olive oil for cooking and dressing



5

Increase your fiber consumption

- ✓ Opt for high-fiber alternatives
- ✓ Incorporate beans and lentils into dishes
- ✓ Leave edible skins on produce, like potatoes, when possible.










Zesty Fennel Citrus Salad with Walnuts

Makes 4 servings

Salad:

-  2 large fennel bulbs
-  2 oranges
-  1/2 cup walnuts
-  Fresh mint leaves






Citrus Vinaigrette:

-  2 tbsp fresh orange juice
-  1 tbsp fresh lemon juice
-  1 tsp honey
-  1 tsp Dijon mustard
-  3 tbsp extra-virgin olive oil

- 1 Start by preparing your fennel. Trim the fronds (which is the cute frilly green leafy things on top of the bulb), saving some for garnish, and slice the bulbs very thinly.
- 2 Segment your oranges into thin chunks. Do this over a bowl to catch the juices. Save these juices for the dressing.
- 3 Toast the walnuts in a dry pan over medium heat until fragrant, about 3-5 minutes. Keep an eye on them to prevent burning.
- 4 For the vinaigrette, whisk together the orange juice, lemon juice, honey, and Dijon mustard in a small bowl.
- 5 Slowly drizzle in the olive oil while whisking constantly to emulsify. Season with salt and pepper to taste.
- 6 In a large bowl, combine the sliced fennel, citrus segments, toasted walnuts, mint leaves, and red onion if using. Drizzle with the vinaigrette and toss gently to coat.
- 6 Season the salad with salt and pepper to taste. Garnish with the reserved fennel fronds and a drizzle of olive oil. Serve immediately and enjoy this refreshing, crunchy salad with its perfect balance of sweet, tart, and nutty flavors!

Butternut Squash “Hummus”

4-6 servings as an appetizer

-  1 large butternut squash (or 2 small)
-  1-3 garlic cloves
-  20 ml olive oil
-  3 tbsp tahini
-  Toasted sourdough or flatbread, to serve

- 1 Preheat your oven to 200°C. Peel and dice the butternut squash into 3cm cubes, discarding the seeds. Roast the squash for 1-1.5 hours until soft, then let it cool.
- 2 While the squash roasts, wash and dry the reserved seeds, then toast them in a pan over medium-high heat for 1-3 minutes. Set aside.
- 3 Once cooled, place the roasted squash in a food processor with the salt, garlic, olive oil, and tahini.
- 4 Blend until smooth, adding a little water if needed to reach your desired consistency. Taste and adjust seasoning if necessary.
- 5 To serve, spread the hummus in a shallow bowl or plate. Create a well in the center, drizzle with olive oil, and sprinkle with the toasted seeds. Enjoy with toasted sourdough or flatbread!





Provence Herb Roasted Chickpeas

Makes 2 servings



1 can chickpeas



2 tablespoons herbs de Provence
(or your favorite spices)



Olive oil

- 1 Preheat your oven to 200°C. Drain and rinse the canned chickpeas, then dry them thoroughly. Spread the chickpeas on a baking tray and drizzle with enough olive oil to coat them evenly. Sprinkle with a generous pinch of salt.
- 2 Roast for about 20 minutes, then remove from the oven and add the herbs de Provence (or your chosen spices). Give the tray a good shake to distribute the herbs.
- 3 Return to the oven for another 15-25 minutes until the chickpeas are crispy and golden.
- 4 Once done, remove from the oven and season to taste while still hot. Allow to cool completely before enjoying.
- 5 These make a delicious protein-packed snack on their own, or try them as a crunchy topping for salads and soups!

Lytchee Probiotic Sparkler

Makes 1 serving



1 minimiil (60ml)



10 fresh lytchees



Sparkling water & ice



4 tbsp coconut sugar

- 1 Peel and pit 10 lytchees, mix with 4 tablespoons of sugar in a bowl, cover, and let sit for at least 1.5 hours.
- 2 Use 3-4 of these lytchees and 2 tablespoons of the resulting syrup to make your drink as above. Pour in your serving of minimiil and stir gently. Add ice and top up with sparkling water.

PS: Feel free to experiment with different fruits! We recommend using whatever's in season - like fresh strawberries or mangoes the summer for a delightful twist.





Honey Fermented Garlic

Honey fermented garlic is a tasty treat made with just two ingredients: raw honey and garlic cloves. It's easy to make and develops its flavour with time.



500 ml airtight glass jar with a mechanical locking lid



150 g garlic cloves



200 ml unpasteurized honey

- 1 Peel garlic cloves and put them in a clean jar, filling it halfway. Cover the garlic with raw, unpasteurized honey. Leave some space at the top to prevent overflow. Close the jar tightly and let it sit at room temperature.
- 2 In the first week, mix daily to coat garlic well. After that, mix weekly. Fermentation creates bubbles as the honey becomes more liquid. The garlic's flavor mellows over time, becoming sweeter.
- 3 You can start tasting after 30 days. It improves with longer fermentation (2-12 months) Be patient - the longer it ferments, the better it tastes!

How to use it

Use the garlic cloves like fresh garlic in cooking. Use the flavored honey as a sweet sauce. Great in marinades, dressings, and Asian dishes. Some people eat it by the spoonful as a natural remedy.

Essentials: pre & probiotics

Prebiotics

Prebiotics are foods, typically **rich in fiber**, that feed the good bacteria in your gut and strengthen the microbiome. For example:



Apple



Oat



Flaxseed



Leek



Garlic



Berries



Asparagus



Chickpeas

Probiotics

Probiotics are foods that contain **beneficial live bacteria**, which help to balance, strengthen, and diversify your digestive system, such as:



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Yogurt



Sauerkraut



Kimchi



Miso



Lacto-fermented
vegetables



Kombucha



Kefir

Prebiotics and probiotics help the body **build and maintain a healthy colony of bacteria and other microorganisms**, which support the gut and facilitate digestion.

Seasonal eating for optimal health (and taste!)



Eating seasonally is a win-win for your health and the planet.

In today's world of year-round produce availability, out-of-season fruits and vegetables often rely on pesticides, waxes, and preservatives to maintain freshness during long-distance transportation. However, vegetables begin losing nutrients immediately after harvest, making locally grown, in-season produce a superior

choice. By selecting fruits and vegetables at their peak, you're treating yourself to the freshest, most flavorful, and nutrient-dense options available. This practice also reduces environmental impact and supports local farmers, as seasonal produce doesn't need to travel as far to reach your plate.

Trust your gut feeling



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