

PLANT-BASED FERMENTS.

Simple, affordable, and super delicious recipes to help you take your fermented food game to the next level

SIMON HILL

Creator of The Proof Podcast and
author of The Proof is in the Plants

THE PROOF



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A NOTE FROM ME

HI FRIENDS,

It's great to have you here with me.

My name is Simon Hill—host of The Proof podcast, nutritionist, sports physiotherapist, creator of **theproof.com** blog and author of *The Proof is in the Plants*.

My philosophy is simple. We live in an environment that makes it incredibly hard to follow an evidence-based dietary pattern, an environment that in many ways sets us up for failure. Rather than waiting for this environment to change, or waiting to experience pain, I want to arm you with evidence-based solutions. This will help you better navigate the world in which we live and improve your chances of living a long, healthy life, allowing you to do more of whatever it is you love to do.

It took me a master's in Nutrition and years of research to understand the science and how our food choices are shaped. However, I believe that this information should be easily accessible to everyone.

This isn't about dietary labels or agendas. It's a space to honour science, to honour learning as a community and to encourage progress over perfection. If you want to improve your health and tread more lightly on the planet, I am here to help you do that.

Yours truly,

Simon



THE PROOF IS IN THE PLANTS

What if there was a way of eating that may help us live healthier for longer and protect the future of our planet, too?

The good news is that evidence now shows a plant-based diet may offer us exactly that – I've done the hard work translating the science into actionable advice for everyday life.

In my first book *The Proof is in the Plants*, I bring together all the facts and advice for anyone curious about feeling and doing better through a plant-focussed diet.

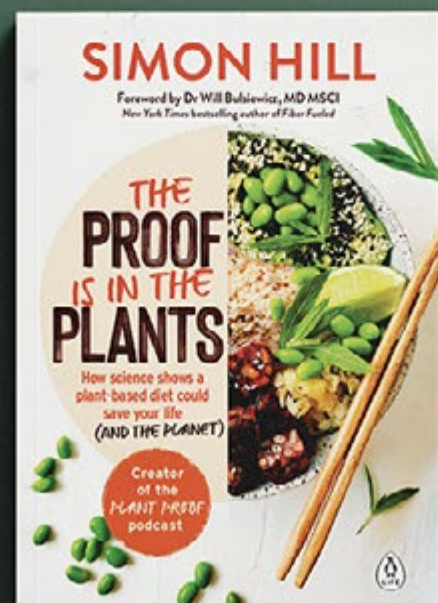
Before transitioning to a plant-based diet I held many of the common misconceptions. But instead I experienced incredible improvements in my energy levels, digestion, mental clarity and post-workout recovery after making the shift. I'd finally understood the power of food and was determined to find out – and share – the agenda-free truth about the optimum diet for human health.

By undertaking a master's degree in nutrition, poring over the latest scientific papers and books, and producing hundreds of hours of my internationally successful The Proof podcast, I have pursued the answers to all the questions I had about fuelling our bodies with more plants. Now, in my first book, I bring it all together into one inspiring and practical guide.

It covers:

- The reasons why we're all so confused about what to eat
- The evidence showing how a plant-based diet can reduce the risks of heart attacks and strokes, type 2 diabetes, cancer and dementia
- The positive impact of plant-based living for the climate and animal welfare
- Common myths about a plant-based diet – and what the real facts are
- How to build a healthy, satisfying plant-based plate, from macronutrients to micronutrients
- Practical tips for making the shift, and much more

If you want to understand and unlock the many benefits of putting more plants on your plate, this book is for you.



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PLANT-BASED FERMENTS



WHY FERMENT?

While no food is a magic bullet in and of itself, it's no stretch to say that fermented foods have almost magical qualities. Nutritionally dense and unique in their probiotic content, fermented foods provide a delicious boost to digestive and whole-body health. I highly recommend them as a staple of a plant-rich diet.

Fermented foods are made through the process of beneficial microbial growth and the breakdown of starches and sugars by good bacteria. This natural process results in a food product teeming with live beneficial bacteria known as probiotics.

There are thousands of different types of fermented foods consumed by cultures around the world. Fermentation is a food preservation technique that has been used for most of human history, providing safe, long-lasting food storage and food security. Interestingly, some of the most long-lived groups of people in the world today consume fermented foods as part of their daily diet.

For example, centenarians from the Japanese island of Okinawa, one of the most long-lived cultures in modern times, eat fermented soy products such as miso, tempeh, and natto as a central part of their diet. Similarly, Sardinians, a group of people from the Mediterranean who are impressively long-lived, consume sourdough bread, a fermented grain product, as a dietary staple.

It's clear that diets featuring fermented foods offer special benefits to health and longevity. So, before we get to the recipes, I want to share a little more about why fermented foods are such nutritional powerhouses.

To fully appreciate the benefits of fermented foods, we must first cover some of the basics of the microbiome.

Your body is host to a vast community of trillions of microorganisms that together make up the microbiome. The greatest number of these microorganisms reside in the digestive tract, influencing everything from the integrity of the intestinal lining to the sensitivity of the immune system.

The more science discovers, the clearer it becomes that diversity within the microbiome is truly key. Different types of bacteria, yeasts, and fungi carry out unique functions that act in concert with the body to aid digestion, modulate inflammation, support immunity, influence mood, and even affect blood sugar and blood pressure.

WHY FERMENT?

When fewer types of microbes reside in the microbiome it loses the ability to carry out critical work. As the microbiome becomes less diverse, the gut becomes vulnerable to damage, and vital protection may be lost. Without the anti-inflammatory and immune-modulating effects of a healthy microbiome, the risk of chronic diseases such as heart disease, diabetes, and cancer increase.²¹

So, where do fermented foods come in?

We know diet is one of the primary influencers of the composition and diversity of your microbiome. Unfortunately, the standard western diet is high in animal products, sugary-laden processed foods, and very little fibre. To make matters worse, modern life is sedentary, over-sanitized, and antibiotic-filled, all of which conspire to reduce microbial diversity. It's no wonder we see skyrocketing rates of chronic disease and poor health.

Fermented foods are unique in their ability to enhance the health and diversity of the microbiome. Due to their naturally occurring probiotics, they introduce new and varied colonies of bacteria to populate the digestive tract.

In a fascinating study, scientists at Stanford University recently examined the effects of fermented foods on the microbiome.²² They recruited two groups: one was placed on a diet high in fermented foods, and the other on a diet high in fibre from whole plant foods. In addition to monitoring the makeup of the microbiome, the study authors tested for hundreds of inflammatory markers in the blood.

Astonishingly, the group that consumed multiple servings of fermented foods each day experienced the largest increase in microbiome diversity. And the benefits didn't stop there. The fermented food group experienced a decrease in 19 different inflammatory proteins. Because we know underlying inflammation is a risk factor for chronic disease, these results open an exciting frontier for disease prevention.

In addition to promoting microbiome diversity and decreasing inflammation, fermented foods are also easier to digest due to the live cultures beginning the work of digestion for you. Certain nutrients may also be more readily available from fermented foods because helpful bacteria break down anti-nutrients that interfere with absorption.²³

Another incredible outcome of food fermentation is the production of active compounds such as vitamins, antioxidants, and anti-hypertensive peptides.²⁴ When we put all these benefits together, it's no wonder fermented foods carry such potential to impact human health.

WHY FERMENT?

As I talked about in *The Proof is in the Plants*, fermented foods should be an integral part of a whole-food, plant-based diet. For those of us who may be new to this style of eating, it's wise to go slow and allow the body time to adjust to new microbes. I recommend you start by adding one serving of fermented food a day and gradually increase to three or more servings over a few weeks or months.

While fermented foods should be safe for most people, it's always best to speak with your doctor about dietary changes to be sure it is right for you. This is especially true for anyone with a pre-existing health condition, including high blood pressure, kidney disease, or IBS.

Fermented foods can be found in most stores, and for some of us, it's a simple way to get started. But, there are many things to look out for when buying commercial products, and not all of them contain live active cultures.

This is why I'm a big fan of making your own ferments at home. It's actually really easy! And not only will you have control over using fresh, whole-food ingredients, but homemade ferments utilize the microbes that are naturally present on the food you ferment and in the dust and air of your home environment. Essentially, you're making your own individualized and diverse probiotic!

On this journey to a plant-rich eating pattern, the inclusion of fermented food lays the foundation for optimal digestive health and the ability to get the maximum benefit from a quality diet. I hope these recipes will ignite a love of fermented foods that will enhance your journey to better health.

FREQUENTLY ASKED QUESTIONS

Because fermented foods are not a standard part of many Western diets, you may have heard conflicting things about them. Let's clear up some misconceptions.

I'VE HEARD FERMENTED FOODS ARE FULL OF SALT AND, THEREFORE BAD FOR STOMACH CANCER. IS THIS TRUE?

The connection between high-salt fermented foods and the risk of stomach cancer was found in a few studies conducted on populations in Asia, which have some of the highest rates of stomach cancer in the world.²¹ In Asia, high-salt fermented foods such as kimchi and soybean paste are a staple of their daily diet. Researchers theorize that excess salt intake may contribute to stomach cancer development.²² But keep in mind that genetics and environment also play a role, so taking these study results and generalizing them to every person and every fermented food would be incorrect.

In other parts of the world, people consume a variety of fermented foods and do not experience an increased risk of stomach cancer. A more recent review found evidence to suggest that fermented foods may even play a protective role against *H. Pylori*, a bacteria associated with a higher risk of stomach cancer.²³ In addition, because inflammation is a risk factor for cancer, the anti-inflammatory benefit of fermented foods has the potential to be protective.

People with salt-sensitive conditions such as high blood pressure may need to be cautious when consuming fermented foods prepared with salt. But, for most people, consuming a variety of fermented foods, many of which are low in salt, like kombucha and plant-based yogurt, should be a safe addition to their diet. If you have any concerns about these foods, talk to your doctor to make sure they are right for you.

FREQUENTLY ASKED QUESTIONS

HOW LONG CAN YOU KEEP FERMENTED FOODS?

One of the cool things about fermented foods is that the live cultures they contain prevent unhealthy bacteria from growing and spoiling the food. This means fermented foods can last a long time. If properly stored, some products can last upwards of a year.

Here's a rough estimate:

- Fermented vegetables like sauerkraut, kimchi, etc. - 4–6 months or, some say, up to a year!
- Yogurt and kefir - 1–2 weeks
- Kombucha - 1–3 months
- Miso - 1 year

Keep in mind that even when stored in the fridge, many fermented foods will continue to ferment slowly over time, which will alter the texture and taste. Eat up your ferments while fresh, as they will have the best flavor and texture. If you're consuming several servings a day, it shouldn't be a problem.

Watch for mold, dull color, or an off smell to tell if your ferments have spoiled. When in doubt, throw it out.

ARE FERMENTED FOODS THAT ARE COOKED, WHERE THE LIVE ORGANISMS ARE KILLED, LIKE SOURDOUGH AND TEMPEH, STILL BENEFICIAL?

Some foods that have been fermented undergo additional processing that kills the original live cultures. Sourdough bread is a great example. While beneficial yeast and bacteria from the starter culture initially provide leavening during the rise cycle of breadmaking, once the bread has baked, those microbes are no longer alive.

But this doesn't mean all the health benefits are lost. The live cultures in sourdough starter ingest some of the carbohydrates in flour, making the end product easier to digest and gentler on the gastrointestinal system. Fermentation also breaks down some of the phytic acids in the bread, allowing for better absorption of vitamins and minerals. And, while probiotics are killed by high heat, prebiotics such as beta-glucan remain.

So, foods fermented at any point in their production have potential health benefits. While you certainly want to consume a variety of probiotic-containing ferments, baked ferments also have their place.

FREQUENTLY ASKED QUESTIONS

ARE PICKLED FOODS THE SAME AS FERMENTED FOODS?

Pickling is a different process than fermentation and does not produce the same live cultures. When food is pickled, it is soaked in an acidic brine to impart a sour flavor. This is different from the sour flavor of fermented foods produced by the reaction of live bacteria and natural sugars in the food.

Pickled foods do not contain probiotics or provide the same health benefits as fermented foods. Go for the good stuff!

CAN I TAKE A PROBIOTIC TO REPLACE FERMENTED FOODS?

The short answer is no; the probiotics found in pill form should not be considered a replacement for fermented foods. As I talked about in *The Proof is in the Plants*, studies have found that supplemental probiotics have only a transient effect on the microbiome and digestive health. While this may be of use in specific situations, such as when taking antibiotics, fermented foods have much more to offer on a day-to-day basis.

We can't reduce whole foods to their individual nutrients or bacteria to pinpoint how they benefit health. Yes, fermented foods contain probiotics, and we know those are good for us; however, when you consume foods like sauerkraut, you are also ingesting fiber, antioxidants, lactic acid, vitamins, and minerals, to name a few. Science is still learning how the compound effect of whole foods enhances the known benefits of their individual parts.

Just like a multivitamin can't make up for a diet lacking in fruits and vegetables, a supplemental probiotic won't provide the same impact as fermented foods. It's always better to go straight to the source and approach your nutrition from a food-first approach when possible. Given probiotic rich foods are widely available, and relatively easy to make at home, I would only recommend considering a clinically tested probiotic supplement for a very specific clinical indication (e.g IBS-C).²⁵

FREQUENTLY ASKED QUESTIONS

DO FERMENTED FOODS CONTAIN ALCOHOL?

The short answer is yes. Trace amounts of alcohol in the form of ethanol is a natural byproduct of fermentation. In general, the amount of alcohol in fermented foods is relatively low, though the exact amount depends on a variety of factors, such as fermentation methods and sugar content.

Things get a bit tricky when it comes to drinkable ferments such as kombucha. Due to their higher sugar content and the type of yeast involved in fermentation, some kombucha beverages may have alcohol contents above the 0.5% that would classify them as an alcoholic beverage.

Now to put this in perspective, you would have to drink upwards of four kombuchas to match the alcohol content of one beer. I really don't recommend that. For most adults, a small amount in one kombucha is perfectly fine and won't significantly raise blood alcohol levels.

However, pregnant or breastfeeding women or anyone with a medical condition may need to be more cautious. And, of course, anyone abstaining from alcohol may want to choose non-drinkable ferments where the level of alcohol is likely insignificant.

I recommend talking to your doctor if you have any concerns about the alcohol content of fermented food.

ARE FERMENTED FOODS HIGH IN HISTAMINE?

Yes, fermented foods are naturally high in histamines. This isn't a concern for most people as the body produces specific enzymes that break down excess histamine. However, some people do not make enough of these enzymes and may be histamine intolerant.²⁶

Science has a long way to go to adequately define histamine intolerance and clarify its diagnosis and treatment. Currently, a low histamine diet may be recommended for people dealing with this condition. In that case, fermented foods are eliminated while the histamine issue is addressed, hopefully with the guidance of a dietitian or nutritionist. Eventually, fermented foods may be reintroduced, but I recommend working with an experienced professional specializing in histamine intolerance.

FREQUENTLY ASKED QUESTIONS

WHAT'S THE DIFFERENCE BETWEEN HOMEMADE KOMBUCHA AND PASTEURIZED KOMBUCHA?

Pasteurization is a food processing technique that involves heating food at a high temperature to kill any bacteria in the product. This technique is one way food companies try to protect consumers from the overgrowth of bad bacteria that may contaminate commercially produced food.

The problem with using this process on kombucha is, of course, that we want healthy bacteria in it. It's those beneficial live, active cultures that allow it to boost microbiome diversity. And in most situations, the good bacteria in kombucha naturally prevent harmful bacteria from multiplying.

When you make kombucha at home, no heating is involved, and the healthy bacteria will grow and thrive. It's a safe, delicious way to ensure you get the maximum benefit from the living microbes that result from fermentation.

If you opt to purchase commercially prepared kombucha, look carefully for the statement that it contains live, active cultures. This is a good indication that the product was not pasteurized.

THE FERMENTS



SAUERKRAUT

THE FERMENT:

BETROOT + GINGER SAUERKRAUT

15

Deliciously tangy with a hint of sweetness, this sauerkraut recipe is the perfect addition to any salad or stir-fry. Our key ingredients are packed with a range of health benefits!

47g per serve

INGREDIENTS:

400g red cabbage,
thinly sliced

250g red beets,
scrubbed and grated

60g finely grated
organic ginger

1–½ tbsp coarse
sea salt

EXTRA BRINE AS NEEDED:

1 tsp coarse sea salt

1 cup water

Beetroot is rich in nitric oxide which has shown to enhance performance in endurance sports and lower blood pressure.^{1,2,3} With the inclusion of ginger, providing anti-inflammatory and anti-microbial properties, when combining these stand-out ingredients within this fermented recipe, it's no question your body will thank you.⁴

METHOD:

1. In a bowl mix into the grated beets, cabbage and ginger. Add salt and rub together well.
2. Pack the mix into a wide-mouth Mason jar. Really push them down, submerging the veggies underneath the brine. If there is not at least an inch of liquid covering the veggies, add some brine to cover.
3. Cover with cheesecloth or other breathable lid. Let it sit in a dark cabinet for at least a week—or longer, depending on how sour you like it.
4. When it's done, cover with a metal Mason jar lid and refrigerate. Keeps for a few months.
5. Remember to keep the kraut submerged in brine the whole time, even in the fridge or it'll mould.



CHICKPEA OMELETTE



This is by far one of my favourite savoury breakfasts! Packed with protein and fibre, this recipe is so simple and though it has a light and airy texture, it will keep you feeling satiated throughout the day.

INGREDIENTS:

½ cup chickpea/besan flour
⅔ cup water
2 tablespoon nutritional yeast
½ teaspoon black salt
½ cup vegetables of choice

Handful of baby spinach
Spray olive oil
Microherbs/sprouts (to garnish, optional)
± serve sauerkraut
(see page 17)

This super nutritious recipe is great for that weekend brekkie and pairs brilliantly with a side of sauerkraut from our recipe on Page 17.



METHOD:

1. Add flour and nutritional yeast to a bowl and mix.
2. Slowly add the water until a paste forms, then add in the rest and stir well.
3. Add ¼ cup of chopped vegetables of choice. Season with salt and pepper.
4. Spray a non-stick fry pan with olive oil and place over a medium heat.
5. Pour over omelette mix and cook for 3 minutes.
6. Carefully flip the omelette with a spatula and cook for 2–3 more minutes until it is no longer wet in the middle.
7. Add a handful of spinach and fold over the omelette to wilt the spinach.
8. Serve with homemade sauerkraut on top, garnish and enjoy.

KIMCHI

THE FERMENT:

PLANT-BASED KIMCHI

Makes about
3 cups. One
serve is 72g.

3 CUPS

Kimchi varieties can be expensive, so why not ferment your own at home? This recipe has plenty of spice and flavour from the ginger, cayenne and paprika.

With origins in South Korea, Kimchi is often includes fermented Chinese cabbage which creates a number of lactic acid bacteria (LAB) which play an important role in supporting overall health and a diverse microbiome.^{5,6} This recipe certainly has a bit of a kick, it pairs wonderfully with salads or in any Asian-inspired dish!

INGREDIENTS:

| | |
|--|---------------------------------|
| 1 medium Napa cabbage, about 800g (can sub savoy or green) | 1 ½ inch ginger, chopped |
| ¼ cup coarse salt | 2 cloves garlic |
| 6 cups water | 1 tablespoon cayenne |
| 1 small apple, grated | 1 tablespoon paprika |
| ½ small white onion, chopped | 3–4 green onions, sliced 1 inch |

METHOD:

1. Quarter cabbage and chop laterally into 2 inch pieces. Place cabbage in an extra large bowl.
2. Combine salt with 2 cups of warm water, stirring to dissolve.
3. Pour salt water over the cabbage and add remaining 4 cups of water, stirring to mix. Place a plate on top to submerge the cabbage. Let soak for 2–3 hours, mixing occasionally.
4. While cabbage is soaking, combine apple, onion, ginger and garlic in food processor/blender and process until fairly smooth. Add spices and blend again, adding a few tablespoons of water as needed to create a paste.
5. Drain cabbage, reserving ½ cup salt water, and rinse well.
6. Place cabbage back in large bowl, combine with the scallions and paste. Mix well to coat.
7. Place the kimchi in glass jars or containers with lid, packing tightly to remove any air. Leave about an inch at the top of the container for air and gases.
8. Top with remaining juices, add reserved brine if needed to cover vegetables.
9. Let kimchi sit at room temp for 24–36 hours. The cooler your room the longer fermentation takes, and vice versa.
10. After 24 hours, open kimchi and pack the mixture down with a spoon. As your kimchi ferments the flavours will develop, taste every 24 hours and place kimchi in the refrigerator once you're happy with the flavour.
11. After moving to the fridge, it's best used within 1–2 months.



BAKED MISO EGGPLANT AND SOBA SALAD



Miso is a traditional Japanese ingredient made from fermented soybeans.

This powerful ingredient is high in probiotics which support the structure and function of the microbiome and may also work to decrease bad bacteria within the gut.⁷ Alongside these processes, Miso contains a range of vitamins and minerals and has even shown to be protective against hypertension.^{8,9} This versatile ingredient sings with eggplant, even for those who are generally not an eggplant fan! All in all, this salad is fresh, fragrant, and perfect for a quick midweek lunch.

INGREDIENTS:

1 large eggplants, halved
 ¼ cup white miso paste
 2 tablespoons rice wine vinegar (unseasoned)
 75ml toasted sesame oil
 3 tbsp pure maple syrup

¼ teaspoon cracked black pepper
 ¼ teaspoon ground ginger powder
 2–3 scallions, thinly sliced
 ½ pack 100% buckwheat soba noodles, cooked

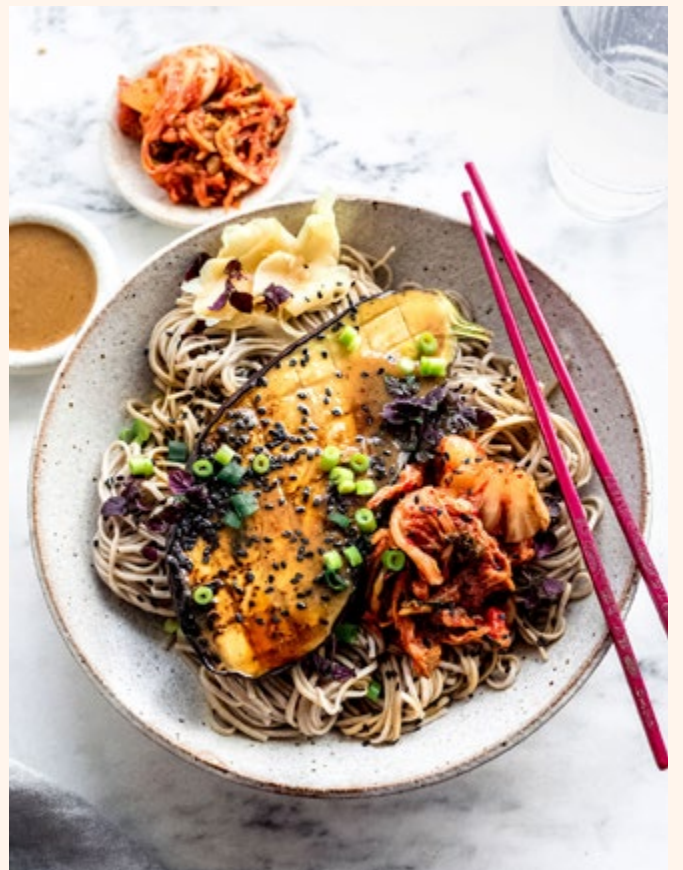
1 tbsp tamari

GARNISH:

1 tbsp black sesame
 1 tbsp homemade kimchi
 1 tbsp sliced pickled ginger (bonus points for homemade!)

METHOD:

1. Heat a frying pan over medium-high heat.
2. Halve the eggplant and cut the flesh in a criss-cross pattern without cutting the outer skin.
3. Add the oil to the pan and add the eggplants skin side down (flesh facing up). Cook for 4–5 minutes then turn and fry on the other side.
4. You may need to flip it a couple of times to get the eggplant to cook evenly.
5. To make the miso glaze, add miso, vinegar, sesame oil, maple, pepper and ginger to a small mixing bowl and whisk until fully combined.
6. Once the eggplant is cooked, brush over the miso glaze and top with the scallions.
7. Serve on a bed of soba drizzled with tamari.
8. Garnish with kimchi, black sesame and pickled ginger.
9. Serve any leftover glaze on the side.



KIMCHI FRIED RICE



With the beneficial probiotics found in the kimchi and the fibre within the rice, this recipe is not one to skim past! The irresistibly crunchy combo of kale and broccolini with the sesame oil creates a warm, nutty flavour, while the Tempeh leaves this dish packed with protein that is perfect for both lunch and dinner.

INGREDIENTS:

200g block organic tempeh

1 cup kimchi, roughly chopped (see page 20)

1 bunch broccolini, chopped in 3cm pieces

¼ cup kale, stripped of stems, washed and chopped (80g)

1 ½ cup cooked brown rice (1 day old, refrigerated)

1 tbsp dark soy sauce (or tamari)

2 teaspoon organic sesame oil

3 scallions, whites and greens separated

FOR THE GARNISH:

Black sesame seeds

Nori strips, thinly sliced

METHOD:

1. In a wok (or frying pan) over a medium high heat, add the tempeh and white parts of the scallions and fry over medium high heat for 1–2 minutes, with a drizzle of oil or water for oil free.
2. Add in the kimchi, and fry for another minute.
3. Reduce heat to medium and add in the cooked rice, kale, broccolini, and soy sauce.
4. Cook until the rice has absorbed all the flavours.
5. Then add in half of the green onion tops, drizzle in the sesame oil and fry for another minute.
6. Serve immediately and garnish with remaining green onions, sesame seeds and nori strips.



SOY YOGHURT & SOY LABNEH

PROBIOTIC SOY YOGHURT

One serve
is 125g



Store-bought plant-based yoghurts often contain quite a bit of saturated fat or added sugars, so why not make your own with just two ingredients? This probiotic soy yoghurt is light, airy, and pairs wonderfully with a sweet breakfast like pancakes or alone as a mid-morning snack.

INGREDIENTS:

1L Plain Soy Milk (This must have only two ingredients – soybeans and water)

Contents of one Probiotic Supplement - for fermentation I recommend a multi-strain probiotic with lactobacillus and bifidobacterium genera, such as Thorne FloraMend

METHOD:

1. Add 25 Billion CFU of your probiotic to 1L of plain soy milk (pour out the powder and then dispose of the capsules).
2. Shake well and pour into two pint jars.
3. Place both jars in a clean instant pot or yogurt maker, close instant pot lid and vent and turn on yogurt setting for 12+ hours.

WITHOUT A YOGHURT MAKER:

1. Pour the soy milk into a small saucepan and warm it up on medium-low. The soy milk needs to get to 105°F (40°C) without burning. So heat it slowly, and whisk occasionally to keep it from scalding. When the soy milk is at 40°C, stir in the probiotic powder and mix well. Pour the warm soy milk into jars or containers. Keep the yogurt warm until it is set (at least 4 hours). The soy yogurt is done when it has thickened slightly.
2. When soy yoghurt has finished culturing (do not stir!), place in the refrigerator for 6–12 hours. Serve.



SOY LABNEH

This thick and creamy labneh is so simple and couldn't be any more delicious. With a slight tanginess to it, this recipe is often the cornerstone of many Middle Eastern dishes.

INGREDIENTS:

Soy yoghurt (see previous page)

Salt

METHOD:

1. Line a colander with two layers of cheesecloth or kitchen paper and pour in the soy yoghurt (see page 24).
2. Season with $\frac{1}{2}$ tbsp salt. Leave it to drain for 2–3 hours.

* I suggest trying this with a cold salad or simply spread across toast! By using our soy yoghurt from page 24 for this recipe, you will be including a portion of probiotics, making this a great gut-friendly addition to any meal.



USING SOY YOGHURT:

CARAMEL MINI MAGNUMS



I'm sure you can understand why this might be one of my all-time favourite recipes.

With a soft, creamy texture and a crunchy outer layer, this is a fun spin on the store-bought magnums, but with a little gut-loving kick using our probiotic soy yoghurt. While kids (and some adults) may turn their nose up at kimchi, I doubt anyone will have a problem making friends with these delicious mini mags.

INGREDIENTS:

1 cup cashews presoaked overnight – or for at least six hours

1/2 cup coconut butter, melted

1 tablespoon maple syrup

1 tbsp maca powder

1 tbsp almond butter

1/2 cup probiotic soy yoghurt
(see page 24)

1 tsp vanilla pod powder/
paste/essence

200g plant-based
chocolate, melted



METHOD:

1. Mix all the ingredients (aside from the chocolate) in a high-speed blender/food processor until you obtain a smooth homogeneous mixture.
2. Pour into moulds.
3. Freeze for 6 hours or overnight.
4. Coat in plant-based melted choc, you can double-layer this for an extra thick coat or drizzle white chocolate to get fancy!

USING SOY LABNEH:

SUPERCHARGED LABNEH TOAST



Revisiting our creamy labneh which pairs well with a warm, crunchy piece of toast. Labneh is beloved throughout the Middle East and is essentially thick concentrated yoghurt.

INGREDIENTS:

1 slice sourdough, toasted
1 tbsp walnuts, toasted
1/8 cup homemade soy labneh
(see page 25)

2 tbsp homemade Sauerkraut
(see page 17)
1 tbsp maple syrup
Black pepper and salt to taste

With a drizzle of maple syrup and toasted walnuts, this will leave a hint of sweetness that will warm your taste buds. Add a touch of the homemade sauerkraut from page 17 and enjoy for breakfast or an afternoon snack!

METHOD:

1. Toast the sourdough.
2. Dry-fry the walnuts over a medium heat for a few minutes until fragrant then cool on a plate.
3. Spread the labneh on the sourdough
4. Top with walnuts, maple, and sauerkraut.
5. Season to taste.



USING SOY LABNEH:

BETTER-FOR-YOU BANANA SPLIT



Looking for a sweet, nutritious dessert alternative? Look no further than this better-for-you-banana-split.

Combining two incredible gut-feeding elements, our soy labneh with probiotics and bananas rich in fibre, this dessert is a true standout and a great example of how you can have the best of both worlds when it comes to health and whole foods.¹⁰

INGREDIENTS:

2 bananas (the greener they are, the more resistant starch for good gut health!)

½ cup soy labneh
(see page 25)

2 tbsp a-grade maple syrup

1 tsp sea salt flakes

1 tbsp cacao nibs

1 tbsp chopped walnuts or pecans

50g melted plant-based milk chocolate (optional)

6 strawberries, washed and chopped

METHOD:

1. Slice bananas in half and top with soy labneh, strawberries, nuts, maple, salt, cacao nibs and melted chocolate.
2. This one is easily customisable so feel free to top with other favourites like homemade granola, blueberries, almond butter or date caramel.



COCONUT KEFIR

COCONUT WATER KEFIR



This is another incredibly easy recipe that is sure to support a healthy microbiome. Kefir is cultivated by using kefir grains which provide beneficial bacteria and yeasts.¹¹

INGREDIENTS:

4 cups coconut water

¼ cup water kefir grains (hydrated)

METHOD:

1. Add the coconut water to a jar.
2. Add the hydrated kefir grains.
3. Cover the jar with a plastic lid, cheesecloth cover secured with a rubber band, or fermentation cap.
4. Let sit in a warm place for 24–48 hours to ferment.
5. Taste it after 24 hours – it should be tangy but not sour.
6. Strain out the kefir grains with a cheesecloth or non-metal strainer.
7. Store in the fridge and enjoy chilled.

* These grains have been harvested for decades and originate from the Caucasus Mountains in Russia. Though these kefir grains were traditionally used to ferment milk, they can also be used to produce kefir water, as we've done here in this recipe. Kefir is another fermented product that can be a little expensive, so this simple recipe means you can make this refreshing beverage at home on a regular basis, without breaking the bank.



USING COCONUT KEFIR:

COLD BREW KEFIR SMOOTHIE



Kefir is a fermented beverage that often contains over 50 species of probiotics.¹² It has been shown to have several health benefits, such as being anti-inflammatory and promoting a diverse microbiome (indicating a healthy gut).^{13,14,1}

INGREDIENTS:

| | |
|--|--|
| 1 organic cold-brew coffee (we support our local barista on this!) | 20g vanilla plant-based protein powder (or use chocolate for a mocha version) |
| ½ cup coconut kefir water (see page 30) | ½ cup ice |

METHOD:

1. Add kefir and cold brew to a jar and refrigerate overnight.
2. In the morning add to a blender with protein powder and ice.
3. Serve over extra ice if desired.

* We've used our kefir water here from page 30, packed with probiotics, and added coffee and vanilla plant protein to keep you feeling full, energised and aid muscle protein synthesis after a workout. The addition of coffee, rich in caffeic and ferulic acid, two types of polyphenols, will also further support your microbiome.^{16,17} So, sit back, relax and enjoy!



* Add 1 tsp maple syrup if you prefer your coffee sweet.

SOURDOUGH



THE FERMENT:

WHOLEMEAL SOURDOUGH BREAD

Instead of relying on baker's yeast like other types of bread, sourdough requires a starter culture containing a community of microbes made up of yeasts and bacteria.¹⁸



INGREDIENTS:

50g bubbly, active
sourdough starter
350ml–375ml warm water
400g bread flour
100g whole wheat flour
9g fine sea salt

These microbes; lactic acid bacteria (LAB) and acetic acid bacteria (AAB), which give sourdough the tangy flavour, alongside the compounds they produce during fermentation (postbiotics), are considered beneficial for human health.¹⁹ I guarantee, once you've made your own sourdough, you'll never want to purchase from the supermarket again!

METHOD:

1. Mix the starter and water together in a large bowl. Add the flour and salt. Stir to combine and then use your hands to fully incorporate the ingredients. The dough should feel very sticky. Place back in the bowl, cover, and let rest for 1 hour.
2. For the next two hours, stretch and fold the dough to boost the height of the bread – try 4 sets spaced 30 minutes apart, resting the dough in a warm spot in between each round.
3. Cover the bowl and continue rise, untouched at 25°C for about 2–3 hours. When the dough has almost doubled in size, it's done.
4. Cover the bowl with lightly oiled wrap and chill overnight.
5. Remove the cold dough onto a floured surface. Rest for 10–15 minutes to come to room temp.
6. Shape the dough into a loose ball; cover and rest for 20–30 minutes.
7. Flip the dough over and shape it again.
8. Place into the parchment lined bowl. Cover the dough with the cloth overhang. Rest the dough in a warm spot for 30 minutes to 1 hour. The dough is ready when it looks plump.
9. Preheat the oven to 230°C.
10. Using a serrated knife, score the dough at 12, 3, 6 and 9 o'clock, turning the parchment paper as you go.
11. Bake the dough with the lid on for 20 minutes. Remove the lid and bake for an additional 40 minutes or until golden brown on top. Remove from the pot.
12. Cool on a wire rack for an hour before slicing.

USING SOURDOUGH:

PROBIOTIC AVO SMASH



I'm certain there isn't a more widely loved savoury breakfast, than a good serving of creamy smashed avo on toast.

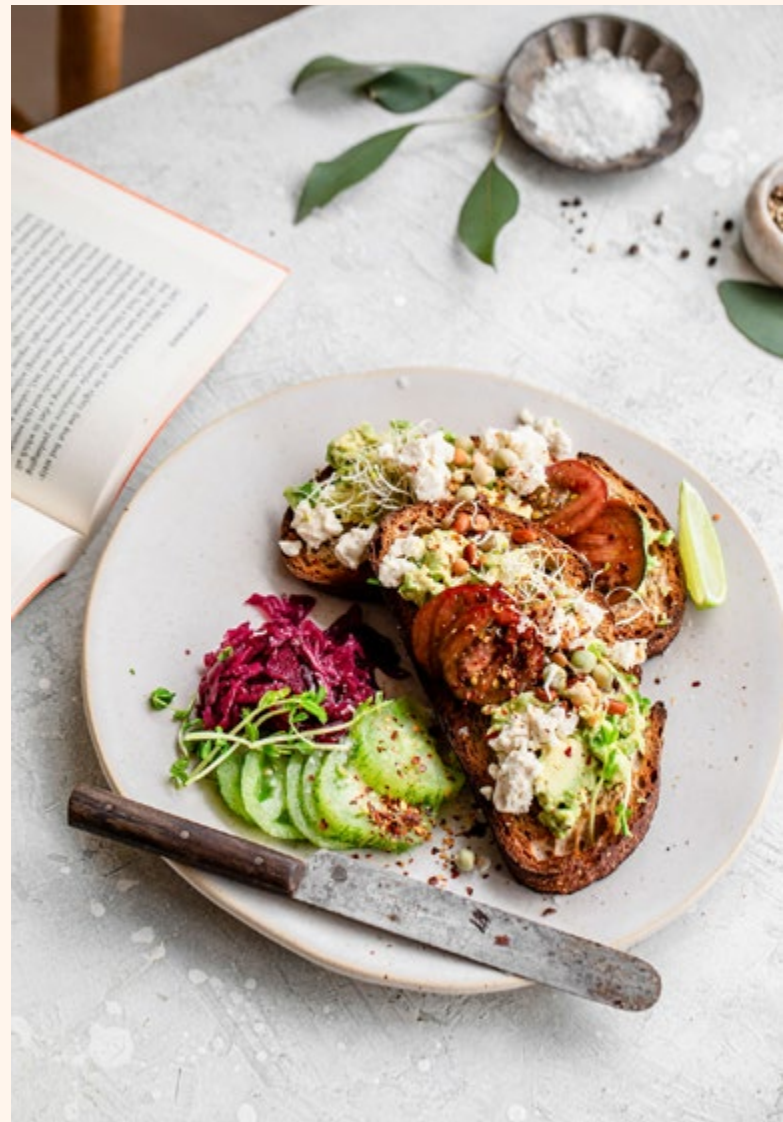
INGREDIENTS:

| | | |
|--|---|--|
| 1 slice wholewheat sourdough (see page 33) | ½ tsp chilli flakes (plus extra to serve, optional) | 4 heirloom cherry tomatoes |
| ¼ avocado, smashed | 1 tsp fresh lime juice | 2 tbsp homemade sauerkraut (see page 17) |
| ½ tbsp nutritional yeast | ½ tsp sea salt | 1 tbsp Macadamia fetta (optional) |
| | 1 tbsp sprouts | |

METHOD:

1. Toast the bread.
2. Mash together avocado, lime, nutritional yeast, salt and chilli.
3. Slice cherry tomatoes and lay on top.
4. Top with sprouts, sauerkraut and macadamia fetta (if using) plus extra chilli if desired.
5. Drizzle with 1 tsp avocado or olive oil (optional).
6. Enjoy!

* We've taken this recipe to the next level by pairing it with our wholemeal sourdough and sauerkraut, each individually rich in pro or postbiotics. With the delicious addition of chilli, lime juice and macadamia fetta (if you wish) this meal ticks so many boxes around health, taste, and texture!



KOMBUCHA

Kombucha originated from Northeast China almost 220 B.C and has long been praised for its healing properties, largely due to its ability to modulate gut bacteria and promote diversity.²⁰ With this recipe, we've been sure to add a bit of zing and a touch of sweetness with the pineapple, but feel free to get creative and add what you like! Cheaper than store bought kombucha, and higher quality.

THE FERMENT:

PINEAPPLE + BASIL KOMBUCHA

4

One serve is 250ml

Making probiotic rich kombucha at home is another surprisingly simple process and a great way to save money. With a vibrant tropical twist, this refreshing drink is suitable for any occasion.

INGREDIENTS:

1 SCOBY culture/
kombucha mother

4 black or
green tea bags

1 litre of water
filtered

¼ cup brown/
coconut/other sugar

20g basil

½ cup pineapple
fresh, or frozen
and thawed

YOU WILL NEED:

1 large jar (1 litre)

1 small cloth

1 elastic band

From a friend who
already makes
kombucha or homemade

METHOD:

1. Sterilise the jar and set aside.
2. Bring a pot with the water to boil. Remove from the heat and add the tea bags and sugar, stir through. Set aside until completely cooled. Remove the tea bags.
3. Pour the cooled tea sugar mix into the sterilised jar and place the kombucha mother on top.
4. Blend together the pineapple and basil. The more surface area exposed to the kombucha, the better the flavour and fizz!
5. Add the paste into the kombucha and mix.
6. Cover with the cloth and elastic band. Set aside out of direct sunlight for 7–10 days (depending on the temperature the kombucha might need 7 or up to 10 days out).
7. If you like the strength and flavour at 7 days transfer into a sterilised glass bottle and place into the fridge.
8. Repeat the process to prepare the next jar of kombucha.
9. To serve drink as is or halve the ratio with filtered or sparkling water and ice.



NUTRITIONAL INFORMATION



NUTRITIONAL INFORMATION

Percentage daily intakes are based on an average adult diet of 8700 kJ

BEETROOT + GINGER SAUERKRAUT

| SERVING SIZE: 1 SERVING | AVERAGE QUANTITY PER SERVING | % DAILY INTAKE |
|----------------------------|---------------------------------|----------------|
| Energy | 81.4 kJ | 1% |
| Protein | 0.6 g | 1% |
| Fat, total | 0.1 g | 0% |
| - saturated | 0 g | 0% |
| Carbohydrate | 3.3 g | 1% |
| - sugars | 2.1 g | |
| - lactose | 0 g | |
| - galactose | 0 g | |
| - starches | 0.1 g | |
| Dietary Fibre | 1 g | 3% |
| Sodium | 28.2 mg | 1% |
| Vitamin C | 16 mg | |
| Vitamin A | 15.2 µg | |
| Calcium | 14.7 mg | |
| Iron | 0.3 mg | |

CHICKPEA OMELETTE

| SERVING SIZE: 1 FULL RECIPE | AVERAGE QUANTITY PER SERVING | % DAILY INTAKE |
|--------------------------------|---------------------------------|----------------|
| Energy | 1212.9 kJ | 14% |
| Protein | 23.7 g | 47% |
| Fat, total | 4.5 g | 6% |
| - saturated | 0.4 g | 2% |
| Carbohydrate | 27.4 g | 9% |
| - sugars | 7.5 g | |
| - lactose | 0 g | |
| - galactose | 0.1 g | |
| - starches | 17.5 g | |
| Dietary Fibre | 13.9 g | 46% |
| Sodium | 882.7 mg | 38% |
| Vitamin C | 54.9 mg | |
| Vitamin A | 529.6 µg | |
| Calcium | 162.5 mg | |
| Iron | 6.7 mg | |

PLANT-BASED KIMCHI

| SERVING SIZE: 1 FULL RECIPE | AVERAGE QUANTITY PER SERVING | % DAILY INTAKE |
|--------------------------------|---------------------------------|----------------|
| Energy | 76.7 kJ | 1% |
| Protein | 0.8 g | 2% |
| Fat, total | 0.2 g | 0% |
| - saturated | 0 g | 0% |
| Carbohydrate | 3 g | 1% |
| - sugars | 2.1 g | |
| - lactose | 0 g | |
| - galactose | 0 g | |
| - starches | 0.3 g | |
| Dietary Fibre | 1 g | 3% |
| Sodium | 5.8 mg | 0% |
| Vitamin C | 15.8 mg | |
| Vitamin A | 15.1 µg | |
| Calcium | 44.3 mg | |
| Iron | 0.2 mg | |

BAKED MISO EGGPLANT AND SOBA SALAD

| SERVING SIZE: 1 SERVING | AVERAGE QUANTITY PER SERVING | % DAILY INTAKE |
|----------------------------|---------------------------------|----------------|
| Energy | 2146.9 kJ | 25% |
| Protein | 14.6 g | 29% |
| Fat, total | 16.6 g | 24% |
| - saturated | 2.5 g | 11% |
| Carbohydrate | 67.4 g | 22% |
| - sugars | 41.3 g | |
| - lactose | 0 g | |
| - galactose | 0 g | |
| - starches | 22.7 g | |
| Dietary Fibre | 16.3 g | 54% |
| Sodium | 1124.2 mg | 49% |
| Vitamin C | 11.5 mg | |
| Vitamin A | 8.1 µg | |
| Calcium | 83.9 mg | |
| Iron | 1.8 mg | |

NUTRITIONAL INFORMATION

Percentage daily intakes are based on an average adult diet of 8700 kJ

KIMCHI FRIED RICE

| SERVING SIZE: 1 SERVING | AVERAGE QUANTITY PER SERVING | % DAILY INTAKE |
|----------------------------|---------------------------------|----------------|
| Energy | 2069.1 kJ | 24% |
| Protein | 30.7 g | 61% |
| Fat, total | 16.2 g | 23% |
| - saturated | 2.4 g | 10% |
| Carbohydrate | 41.9 g | 14% |
| - sugars | 2.9 g | |
| - lactose | 0.1 g | |
| - galactose | 0 g | |
| - starches | 38.2 g | |
| Dietary Fibre | 17.1 g | 57% |
| Sodium | 608.8 mg | 26% |
| Vitamin C | 73.6 mg | |
| Vitamin A | 166.2 µg | |
| Calcium | 196 mg | |
| Iron | 4.5 mg | |

PROBIOTIC SOY YOGHURT

| SERVING SIZE: 1 SERVING | AVERAGE QUANTITY PER SERVING | % DAILY INTAKE |
|----------------------------|---------------------------------|----------------|
| Energy | 240.7 kJ | 3% |
| Protein | 5.3 g | 11% |
| Fat, total | 2.9 g | 4% |
| - saturated | 0.5 g | 2% |
| Carbohydrate | 2.3 g | 1% |
| - sugars | 0.3 g | |
| - lactose | - g | |
| - galactose | - g | |
| - starches | - g | |
| Dietary Fibre | - g | -% |
| Sodium | 90 mg | 4% |
| Vitamin C | - mg | |
| Vitamin A | - µg | |
| Calcium | 150 mg | |
| Iron | - mg | |

SOY LABNEH

| SERVING SIZE: 1 SERVING | AVERAGE QUANTITY PER SERVING | % DAILY INTAKE |
|----------------------------|---------------------------------|----------------|
| Energy | 570.9 kJ | 7% |
| Protein | 9.1 g | 18% |
| Fat, total | 9.1 g | 13% |
| - saturated | 6.1 g | 25% |
| Carbohydrate | 4.5 g | 1% |
| - sugars | 1.5 g | |
| - lactose | - g | |
| - galactose | - g | |
| - starches | - g | |
| Dietary Fibre | 0 g | 0% |
| Sodium | 242.4 mg | 11% |
| Vitamin C | 0 mg | |
| Vitamin A | 181.8 µg | |
| Calcium | 90.9 mg | |
| Iron | 0 mg | |

CARAMEL MINI MAGNUMS

| SERVING SIZE: 1 SERVING | AVERAGE QUANTITY PER SERVING | % DAILY INTAKE |
|----------------------------|---------------------------------|----------------|
| Energy | 1711.6 kJ | 20% |
| Protein | 8.8 g | 18% |
| Fat, total | 35.5 g | 51% |
| - saturated | 19.8 g | 82% |
| Carbohydrate | 14.6 g | 5% |
| - sugars | 5.5 g | |
| - lactose | 0 g | |
| - galactose | 0 g | |
| - starches | 5.1 g | |
| Dietary Fibre | 6.4 g | 21% |
| Sodium | 11.5 mg | 1% |
| Vitamin C | 0.5 mg | |
| Vitamin A | 0.7 µg | |
| Calcium | 36.7 mg | |
| Iron | 5.4 mg | |

NUTRITIONAL INFORMATION

Percentage daily intakes are based on an average adult diet of 8700 kJ

SUPERCHARGED LABNEH TOAST

| SERVING SIZE: 1 SERVING | AVERAGE QUANTITY PER SERVING | % DAILY INTAKE |
|----------------------------|---------------------------------|----------------|
| Energy | 1732.1 kJ | 20% |
| Protein | 16.3 g | 33% |
| Fat, total | 15.9 g | 23% |
| - saturated | 6.6 g | 27% |
| Carbohydrate | 49.1 g | 16% |
| - sugars | 14.2 g | |
| - lactose | 0 g | |
| - galactose | 0 g | |
| - starches | 30.6 g | |
| Dietary Fibre | 3.2 g | 11% |
| Sodium | 464.6 mg | 20% |
| Vitamin C | 4.4 mg | |
| Vitamin A | 174.9 µg | |
| Calcium | 149.3 mg | |
| Iron | 2.7 mg | |

BETTER-FOR-YOU BANANA SPLIT

| SERVING SIZE: 1 SERVING | AVERAGE QUANTITY PER SERVING | % DAILY INTAKE |
|----------------------------|---------------------------------|----------------|
| Energy | 1533 kJ | 18% |
| Protein | 12.1 g | 24% |
| Fat, total | 15.6 g | 22% |
| - saturated | 8.5 g | 35% |
| Carbohydrate | 44 g | 14% |
| - sugars | 29.7 g | |
| - lactose | 0 g | |
| - galactose | 0 g | |
| - starches | 6.4 g | |
| Dietary Fibre | 6.8 g | 23% |
| Sodium | 1415.4 mg | 62% |
| Vitamin C | 31.5 mg | |
| Vitamin A | 185.9 µg | |
| Calcium | 133.6 mg | |
| Iron | 0.9 mg | |

* Nutrition panel excludes chocolate drizzle

COCONUT WATER KEFIR

| SERVING SIZE: 1 FULL RECIPE | AVERAGE QUANTITY PER SERVING | % DAILY INTAKE |
|--------------------------------|---------------------------------|----------------|
| Energy | 194.9 kJ | 2% |
| Protein | 1.8 g | 4% |
| Fat, total | 0.5 g | 1% |
| - saturated | 0.4 g | 2% |
| Carbohydrate | 6.4 g | 2% |
| - sugars | 6.4 g | |
| - lactose | 0 g | |
| - galactose | 0 g | |
| - starches | 0 g | |
| Dietary Fibre | 2.7 g | 9% |
| Sodium | 63.7 mg | 3% |
| Vitamin C | 2.5 mg | |
| Vitamin A | 0 µg | |
| Calcium | 17.2 mg | |
| Iron | 0.1 mg | |

COLD BREW KEFIR SMOOTHIE

| SERVING SIZE: 1 FULL RECIPE | AVERAGE QUANTITY PER SERVING | % DAILY INTAKE |
|--------------------------------|---------------------------------|----------------|
| Energy | 383.1 kJ | 4% |
| Protein | 10 g | 20% |
| Fat, total | 2 g | 3% |
| - saturated | 0.3 g | 1% |
| Carbohydrate | 6 g | 2% |
| - sugars | 3.2 g | |
| - lactose | 0 g | |
| - galactose | 0 g | |
| - starches | 0 g | |
| Dietary Fibre | 3.5 g | 12% |
| Sodium | 112.1 mg | 5% |
| Vitamin C | 1.2 mg | |
| Vitamin A | 0 µg | |
| Calcium | 52.1 mg | |
| Iron | 1.6 mg | |

* Nutrition panel excludes maple syrup

NUTRITIONAL INFORMATION

Percentage daily intakes are based on an average adult diet of 8700 kJ

WHOLEMEAL SOURDOUGH BREAD

| SERVING SIZE: 1 SERVING | AVERAGE QUANTITY PER SERVING | % DAILY INTAKE |
|----------------------------|---------------------------------|----------------|
| Energy | 621.6 kJ | 7% |
| Protein | 5.2 g | 10% |
| Fat, total | 2 g | 3% |
| - saturated | 0.2 g | 1% |
| Carbohydrate | 25.7 g | 8% |
| - sugars | 0.2 g | |
| - lactose | 0 g | |
| - galactose | 0 g | |
| - starches | 25.5 g | |
| Dietary Fibre | 1.5 g | 5% |
| Sodium | 28.7 mg | 1% |
| Vitamin C | 0 mg | |
| Vitamin A | 0 µg | |
| Calcium | 21.6 mg | |
| Iron | 1.7 mg | |

PROBIOTIC AVO SMASH

| SERVING SIZE: 1 FULL RECIPE | AVERAGE QUANTITY PER SERVING | % DAILY INTAKE |
|--------------------------------|---------------------------------|----------------|
| Energy | 1035.3 kJ | 12% |
| Protein | 9.7 g | 19% |
| Fat, total | 6.4 g | 9% |
| - saturated | 0.8 g | 3% |
| Carbohydrate | 31.6 g | 10% |
| - sugars | 2.5 g | |
| - lactose | 0 g | |
| - galactose | 0 g | |
| - starches | 0 g | |
| Dietary Fibre | 7.8 g | 26% |
| Sodium | 1629.3 mg | 71% |
| Vitamin C | 25 mg | |
| Vitamin A | 30.6 µg | |
| Calcium | 59.4 mg | |
| Iron | 1.6 mg | |

* Nutrition panel excludes fetta and oil drizzle

PINEAPPLE & BASIL KOMBUCHA

| SERVING SIZE: 1 SERVING | AVERAGE QUANTITY PER SERVING | % DAILY INTAKE |
|----------------------------|---------------------------------|----------------|
| Energy | 197.3 kJ | 2% |
| Protein | 0.1 g | 0% |
| Fat, total | 0 g | 0% |
| - saturated | 0 g | 0% |
| Carbohydrate | 12 g | 4% |
| - sugars | 10.8 g | |
| - lactose | 0 g | |
| - galactose | 0 g | |
| - starches | 0 g | |
| Dietary Fibre | 0.3 g | 1% |
| Sodium | 9.9 mg | 0% |
| Vitamin C | 9.9 mg | |
| Vitamin A | 0.6 µg | |
| Calcium | 10.2 mg | |
| Iron | 0.2 mg | |

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ADDITIONAL RESOURCES



ADDITIONAL RESOURCES TO SUPPORT THE PROOF IS IN THE PLANTS



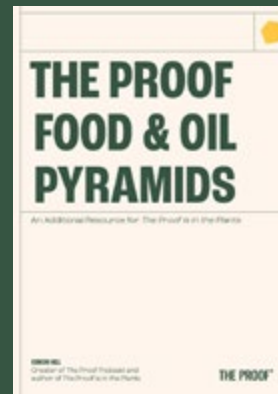
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