

Gut Health Power Bowl



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Whole Grain

Whole grains are a source of fiber and prebiotics. They're also full of great vitamins and minerals. Experiment with different whole grains to use as the **base of your power bowl**. Less mainstream examples include, barley, buckwheat, farrow, and rye. Find tips on preparing your whole grains [here](#).

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Veggies

Vegetables are a source of fiber and prebiotics. Fresh, frozen (unseasoned) and canned (rinsed) are all great options. Cut up fresh vegetables or cook vegetables to put on **top of your grains**. Ideas: diced cucumber, bell pepper, and snap peas; stir-fried bok choy, onions, and broccoli

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Protein

Adding protein to your power bowl will add additional nutrients and help you stay full longer. Any cooked meat or meat alternative will work. For an **extra probiotic boost**, add tofu, tempeh or natto as your protein source!

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Fermented veggies!

Add kimchi, sauerkraut, or any other fermented vegetables for fiber and prebiotics. Remember those [tips](#) about finding true sources of fermented foods!

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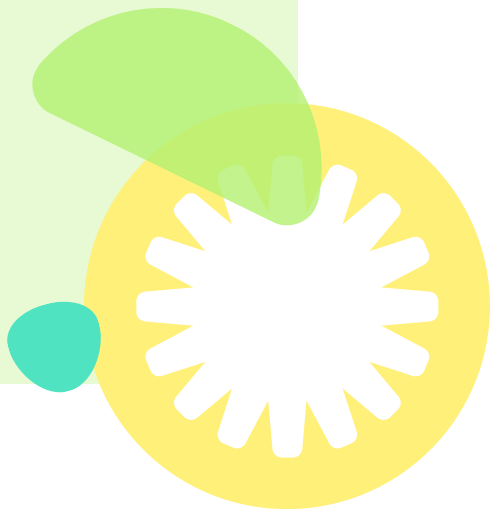
Sauce it up

Top your bowl with our miso tahini dressing or a sauce or dressing of your choosing. Add flare to your sauce with chopped garlic, ginger, herbs, nuts, etc.

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Simple Miso Tahini Dressing

Creamy, rich tahini dressing infused with fresh lemon and miso paste. Perfect for topping salads, bowls, and more. This is a great base recipe. Add flare with ginger, garlic, pepper flakes and more!



Ingredients

- 1 Tbsp Miso*
- 4 Tbsp Tahini (ground sesame seeds)
- Juice from 1/2 lemon
- 4 Tbsp warm water

Directions

Whisk all ingredients together and chill. Can add more lemon juice or water to thin out to desired consistency.

***Miso Tip:** Miso is a thick paste produced by fermenting soybeans with salt and kōji and sometimes rice, barley, seaweed, or other ingredients.

Buy raw or unpasteurized miso, available in the refrigerated section.

Colors vary from dark to tan. Available in different grains.