



Healthy Gut and Brain Recipes

Created by Sustainable Health and Wellness Clinic



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Hi,

My name is Cassandra, and I am a Naturopath who specialises in gut and brain health. In the simplest terms, I serve people to regain a clear mind and calm gut.

Now, I've helped hundreds of people along their gut/brain health journeys, and if there is one thing I know for sure, it is that coming up with healthy meals that are delicious but still meet your nutrient needs can be tough. Especially ones that the whole family will enjoy. That is exactly why I have put together these simple quick meal ideas, so you can have delicious easy to prepare meals that you will be excited about.

This recipe book has some dishes that contain key nutrients to support your gut and brain health including folate, healthy fats, good protein and low carb veggies. Every recipe is low glycaemic to keep you blood sugar in check so that you're left feeling your best.

These recipes were created with the following key considerations:

Healthy Fats

Good quality fats are associated with a lower risk of developing dementia. These recipes are rich in monounsaturated fat and polyunsaturated fat from olive oil, avocado, salmon, nuts, and seeds. It is lower in saturated fat, meats, and dairy products. Olive oil is the main source of fat and contains tocopherols, polyphenols, and a balanced linoleic/alpha-linolenic acid profile, which is beneficial for the immune system and inflammatory responses.

Antioxidants

The antioxidants in berries are thought to benefit brain function by protecting the brain from oxidative stress. Berries reduce inflammation that would otherwise damage the body's neurons, they are high in fiber which boosts digestive health, and a higher intake of flavonoids appears to reduce rates of cognitive decline in older adults. Vitamin E is found in nuts, plant oils, seeds, and leafy greens, and is a very potent antioxidant associated strongly with brain health. These recipes include vitamin C which has been found to help neurons cope with ageing.

Fibre

These recipes provide at least three servings of whole grains daily, green leafy vegetables, nuts, berries, and beans providing up to 45 grams of fiber per day. Increased whole-grain intake is linked to a reduced risk of cardiovascular disease, cancer, respiratory disease, diabetes, and infectious disease.

Low Sodium

The DASH diet recommends restricting sodium to less than 2,000 milligrams per day to prevent or treat hypertension and reduce the risk of stroke and cardiovascular disease. The Mediterranean diet is linked to improvements in blood pressure, reduced risk of heart disease, and better insulin sensitivity.

If you love this guide, then you will absolutely love my 6-week GoodGutz Program, where I work with you to optimise your nutrition and repair your gut. [Click here](#) to learn more about that, I would be so honoured to be part of your journey.

Enjoy the recipe book and remember to tag me in your snack creations! I am @sustainablehealthandwellness on Instagram.

Talk soon

Cassandra

Sustainable Health & Wellness Clinic

Cassandra Cook

<https://sustainablehealthandwellnessclinic.com.au/>



Blueberry Chia Pancakes

8 ingredients · 20 minutes · 3 servings



Directions

1. Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the milk, banana, egg, and baking powder. Blend until smooth, scraping down the sides as needed. Gently stir in the frozen blueberries and chia seeds.
2. Heat the oil in a non-stick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
3. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days, or freeze for up to two months.

Serving Size

One serving equals two to three 4-inch pancakes.

More Flavor

Add cinnamon, vanilla extract, salt, flax seeds, or hemp hearts.

Additional Toppings

Top with maple syrup, honey, cottage cheese, nut or seed butter.

No Banana

Use applesauce instead.

No Oat Milk

Use dairy or any alternative milk.

Batter Consistency

Add more milk if the batter is too thick, and more oats if the batter is too thin.

Ingredients

- 81 grams** Oats
- 120 milliliters** Oat Milk (unsweetened, plain)
- 1** Banana (medium)
- 1** Egg (large)
- 5 grams** Baking Powder
- 155 grams** Frozen Blueberries
- 18 grams** Chia Seeds
- 15 milliliters** Extra Virgin Olive Oil

Chicken Caesar Salad Wraps

10 ingredients · 15 minutes · 4 servings



Directions

1. Add the olive oil, tahini, lemon juice, mustard, sea salt and water to a jar. Shake vigorously to combine until smooth and creamy.
2. Place a few leaves of lettuce in a tortilla, and add the tomato. Place the chicken on top and drizzle with the tahini caesar dressing. Wrap and repeat until all the wraps are made. Enjoy!

Notes

Leftovers

All ingredients are best stored separately, and away from the dressing. Refrigerate the dressing for up to one week.

Serving Size

One serving is equal to one wrap.

Additional Toppings

Add sliced or cubed avocado.

More Flavor

Season the chicken with herbs and spices like oregano, thyme, garlic powder and onion flakes.

Ingredients

- 30 milliliters** Extra Virgin Olive Oil (divided)
- 30 grams** Tahini
- 30 milliliters** Lemon Juice
- 5 grams** Dijon Mustard
- 2 grams** Sea Salt (divided)
- 30 milliliters** Water
- 1 head** Cos Lettuce
- 4** Brown Rice Tortilla
- 1** Tomato
- 454 grams** Chicken Breast, Cooked (chopped into cubes or slices)

Spinach & Sweet Potato Frittata

5 ingredients · 25 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
3. Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
4. Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

Additional Toppings

Salsa, hot sauce, or ketchup.

No Spinach

Use kale or swiss chard instead.

Ingredients

15 milliliters Extra Virgin Olive Oil

1 Sweet Potato (medium, peeled and cut into small cubes)

90 grams Baby Spinach (chopped)

8 Egg (whisked)

Sea Salt & Black Pepper (to taste)

Baked Salmon with Broccoli & Quinoa

7 ingredients · 20 minutes · 4 servings



Directions

1. Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers

Store covered in the fridge up to 2 days.

Speed it Up

Cook the quinoa ahead of time.

Vegan

Use tofu steaks instead of salmon fillets.

Ingredients

- 567 grams** Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 728 grams** Broccoli (sliced into small florets)
- 30 milliliters** Extra Virgin Olive Oil
- 170 grams** Quinoa (uncooked)
- 356 milliliters** Water
- 1/2** Lemon (sliced into wedges)