



Program & Cookbook



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Acknowledgement

This **ur gut**[®] Program and Cookbook has been developed by the Gut Health Research Team at Edith Cowan University (ECU) and funded by ECU. The Gut Health Research Team included Professor Amanda Devine, Associate Professor Claus Christophersen, Dr Jo Rees, Dr Tina Yan and students Stephanie Mhazo and Samantha McKenzie.

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This diet is not suitable for people who have a food allergy including coeliac disease or a food intolerance. Remember any change to an individual's regular diet may result in a change in bowel habits. Be sure to drink plenty of fluid to avoid discomfort. If you are concerned about any ongoing effects, cease consumption and seek medical advice.

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What is **ur gut**[®]?

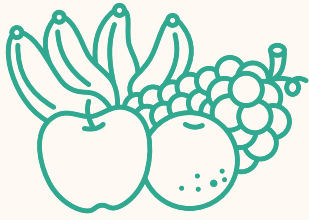
ur gut[®] is a dietary fibre powder with a unique formula of fibres that are known to benefit gut health, designed by a team of expert gut health scientists from Edith Cowan University (Professor Amanda Devine, Associate Professor Claus Christophersen, Dr Jo Rees and Dr Tina Yan).

Four teaspoons of **ur gut**[®] daily will increase dietary fibre intake and boost gut health. The unique blend of dietary fibres has been created to specifically enhance the beneficial human gut bacteria (microbiota) that are known to support health and well-being.

Backed by Science

Developed by a team of expert gut health scientists from Edith Cowan University, **ur gut**[®] is a scientifically formulated blend designed to support optimal gut health. Trialed in Irritable Bowel Syndrome (IBS) studies, **ur gut**[®] is proven to be gentle on sensitive stomachs while effectively enhancing your digestive health*.

Why choose **ur gut**[®]?



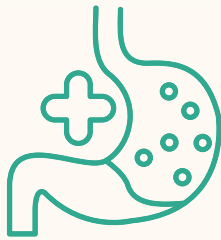
Elevates Dietary Fibre Intake

Boost your daily fibre intake with ease.



Supports Overall Wellbeing

Helps maintain good digestive health, including laxation and transit time.



Nurtures Gut Health

Promotes the growth of beneficial gut bacteria, crucial for a healthy digestive system.



Convenient and Versatile

Tasteless and easy to incorporate into your favorite foods and drinks—without affecting flavor.



Clinically Proven Benefits:

Research shows that incorporating resistant starch, like that in **ur gut**[®], can reduce total energy intake and support weight loss, especially in individuals with excess weight**.



Perfect for Sensitive Guts

ur gut[®] is particularly beneficial for those with IBS. Our unique blend does not exacerbate gut symptoms and has been shown to reduce anxiety associated with IBS*.

Testimonials

The effect of the powder on me included better gut health, feeling full for longer, less mood swings, better sleep quality and reduced waist circumference.

I mixed the powder with yoghurt & honey or juice and it worked well for me.
-Female study participant, aged 41 years

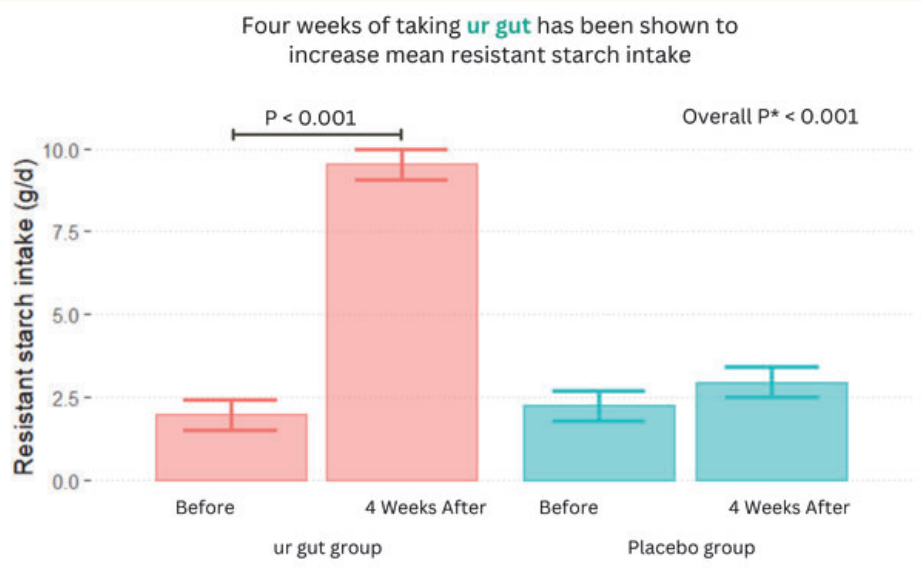


I love being creative in the kitchen and I can add ur gut to so many recipes. Too easy!

I am eating less and feeling full.

The Science Behind **ur gut**[®]

In our study, we found that those taking **ur gut**[®] increased their average resistant starch intake**.



After 4 weeks of taking **ur gut**[®], our participants increased their relative abundance of beneficial gut bacteria**.

Gut Bacteria	ur gut [®]	placebo
Short-chain fatty acid producing (<i>Ruminococcus E</i>)	↑ 550%	↓ 270%
Carbohydrate- degrading (<i>Prevotella</i>)	↑ 590%	--
Next gen probiotic (<i>Akkermansia</i>)	↑ 260%	↓ 180%
Short-chain fatty acid producing (<i>Roseburia</i>)	↑ 190%	↓ 280%
Note: Figures indicate the change in Relative Abundance of each gut microbiota group.		

*Li, H., Zhang, L., Li, J., Wu, Q., Qian, L., He, J., Ni, Y., Kovatcheva-Datchary, P., Yuan, R., Liu, S., Shen, L., Zhang, M., Sheng, B., Li, P., Kang, K., Wu, L., Fang, Q., Long, X., Wang, X., Li, Y., ... Jia, W. (2024). Resistant starch intake facilitates weight loss in humans by reshaping the gut microbiota. *Nature metabolism*, 6(3), 578–597. <https://doi.org/10.1038/s42255-024-00988-y>

** Yan, R. (2023). Does Fibre-fix provided to people with irritable bowel syndrome who are consuming a low FODMAP diet improve their gut health, gut microbiome, sleep and mental health? Edith Cowan University.

Our Programs

Kick-Start Program (2 weeks)

Optimisation Program (4 weeks)

Maintenance Program (2 months)

Lifestyle Program (3 months)

Work your way through our programs, starting with the **Kick-Start Program**, to gradually increase your fibre intake at a pace to avoid gut discomfort.

Once you have made your way through the **Kick-Start Program**, the **Optimisation Program** keeps your fibre intake at the peak daily serve to get the best effect.

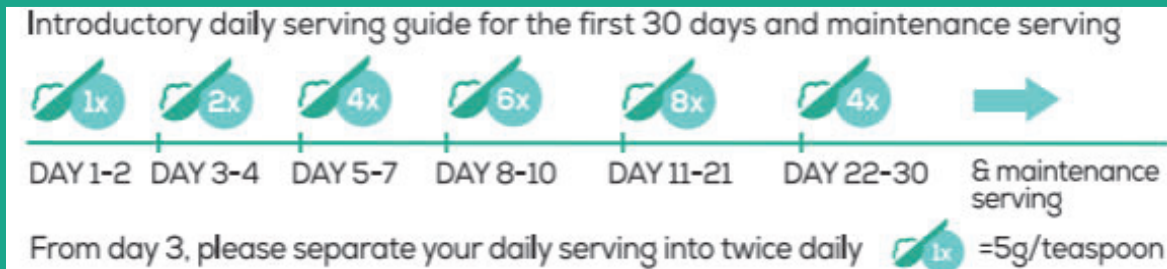
From here, the **Maintenance Program** provides a lower regular daily serve to continue the benefits of **ur gut**[®].

Continuing on, the **Lifestyle Program** will set you on the path to incorporate **ur gut**[®] as part of your daily routine.



How to use **ur gut**®

Simply add **ur gut**® to your smoothie, cereal, juice, or water or try the delicious recipes in this book. It seamlessly fits into your daily routine, helping you improve your gut health without discomfort.



How to use our Programs:

Start with the 2-week **Kick-Start Program**, which introduces **ur gut**® gradually, allowing your body to adjust as you increase your fibre intake. This will prepare you for the Optimisation Program.

After completing the **Kick-Start Program**, move on to the **Optimisation Program**, achieving your peak daily fibre serving for a few more days before you transition into the maintenance phase.

From here, the **Maintenance Program** provides constant daily fibre servings to ensure ongoing benefits of taking **ur gut**®

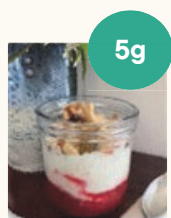
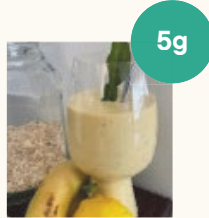
Continue taking **ur gut**® at the maintenance serve of 4 teaspoons (20g) per day to support ongoing gut health in your **Lifestyle Program**.

How to Use Our Recipes to Meet Your Recommended Daily Serving:

1. Check your recommended **ur gut**[®] intake for the day.
2. Browse through the recipes to see how many grams of **ur gut**[®] each serving contains, or refer to our example meal plans.

Grams of ur gut[®] per serve in our recipes

Start- up breakfast



Smoothies



Breakfast



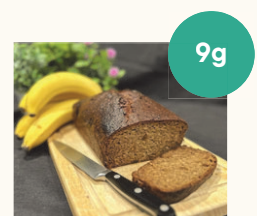
Lunch



Dinner



Desserts/Snacks



Kick-Start Program (Days 1 - 14)

This 2-week **Kick-Start Program** introduces **ur gut**[®] gradually, allowing your body to adjust as you increase your fibre intake. This will prepare you to reach the peak daily serving size. The guide below sets out how many teaspoons (5g) of **ur gut**[®] is recommended each day during this program.

Introductory daily serving guide for the first 14 days:



From day 3, please separate your daily serving into twice daily.

Incorporate **ur gut**[®] into your smoothie, cereal, juice, or water or try the plan below (Click on the images to jump to the recipes).

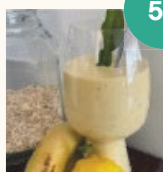
Serving Suggestions Over Your Day

Daily Serving

Meeting your daily serve suggestions

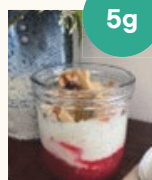
Days 1-2

5g



5g

or



5g

or

add 1 teaspoon of ur gut[®] to your favourite drink

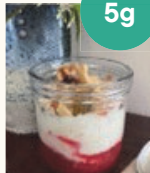
Days 3-4

10g



5g

or



5g

+



6g

or



5g

Daily Serving

Meeting your daily serve suggestions

Days 5-7

20g

10g



10g



10g



10g



Days 8-10

20g



9g



or

10g



or

10g



or

10g



30g

15g



5g



8g



or

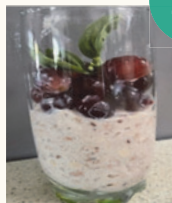
15g



Days 11-14

40g

20g



20g



10g



10g



20g



Optimisation Program (Days 15 - 28)

This 2-week **Optimisation Program** follows the **Kick-Start Program**. During this program, you will continue with the optimisation serving of 8 teaspoons (40g) per day and then transition to the maintenance serve of 4 teaspoons (20g) per day. Once you complete this program, continue on to the **Maintenance Program** to sustain the benefits of **ur gut**[®]. The guide below outlines the recommended servings to take daily during this program.

Daily serving guide for the Optimisation Program and ongoing maintenance:



Please separate your daily servings into twice daily.

Serving Suggestions Over Your Day

Daily Serving

Meeting your daily serve suggestions

Days 11-21

40g



10g



10g



10g



9g

20g



20g

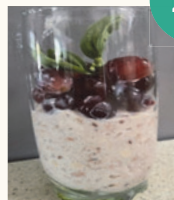


Days 22+

20g



20g



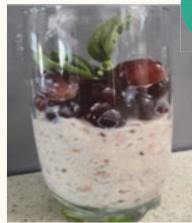
Maintenance and Lifestyle Programs

Having completed the **Optimisation Program**, continue taking the maintenance serve of 4 teaspoons or 20 grams of **ur gut**[®] per day.

Daily
Serving

Meeting your daily serve suggestions

20g



20g

10g



or

10g



+

9g



or

10g



There are many combinations be creative!

Recipes



ingredients

Makes 2 serves (310 g per serve)

- 1 medium banana
- ½ cup natural yoghurt
- ½ cup fresh or frozen mango
- ½ tsp turmeric powder
- ½ cup oats
- 1 tsp honey
- 5 g **ur gut**®
- 1 cup milk, coconut water or kefir

Each serve has 5 g **ur gut**®

method

- Put all ingredients into a blender, adding the liquid gradually to the desired consistency



sunshine breakfast smoothie

nutritional information

	Quantity per Serving	Quantity per 100 g
Weight	310 g	100 g
Energy	1257 kJ	406 kJ
Protein	12 g	4 g
Total fat	9 g	3 g
Saturated fat	5 g	2 g
Carbohydrate	43 g	14 g
Sugars	24 g	8 g
Dietary fibre	8 g	3 g
Resistant starch	6 g	2 g
Sodium	91 mg	29 mg

breakfast cup

ingredients

Makes 1 serve (215 g per serve)

- ¼ cup stewed rhubarb
 - ½ cup natural yoghurt
 - 5 g **ur gut**®
 - ¼ mixed fruit and nuts
- Each serve has 5 g **ur gut**®

method

- Combine ur gut and yoghurt and stir vigorously until completely blended
- Layer the rhubarb, then the yoghurt into a glass jar or glass
- Top with mixed fruit and nuts or granola



nutritional information

	Quantity per Serving	Quantity per 100 g
Weight	215 g	100 g
Energy	1135 kJ	532 kJ
Protein	11 g	5 g
Total fat	15 g	7 g
Saturated fat	4 g	2 g
Carbohydrate	25 g	12 g
Sugars	20 g	9 g
Dietary fibre	6 g	3 g
Resistant starch	2 g	1 g
Sodium	96 mg	45 mg



blueberry and yoghurt chia cups

ingredients

Makes 2 serves (260 g per serve)

- ¼ cup chia seeds
- 1 - 2 cups milk, water or kefir
- ½ cup natural yoghurt
- ½ cup fresh or frozen blueberries
- 20 g **ur gut**®
- Each serve has 10 g **ur gut**®

method

- Mix the ur gut with the liquid and stir vigorously until combined, then mix in the natural yoghurt
- Add chia seeds and mix well
- Leave to rest for 10-15 minutes, the chia seeds will absorb the liquid and expand forming a set pudding
- Stir gently after 5 minutes and add more liquid if too dense
- Top with fresh or frozen blueberries and/or other fruit of your choice and chill

options

Add 1 – 2 tsp of freeze-dried berry powder and/or cinnamon or honey for more flavour
Can use milk alternatives
(nutritional information is based on milk)



nutritional information

	Quantity per Serving	Quantity per 100 g
Weight	262 g	100 g
Energy	870 kJ	333 kJ
Protein	7 g	3 g
Total fat	12 g	5 g
Saturated fat	4 g	2 g
Carbohydrate	17 g	7 g
Sugars	7 g	3 g
Dietary fibre	17 g	6 g
Resistant starch	4 g	1 g
Sodium	48 mg	18 mg



overnight oats

ingredients

Makes 1 serve (218 g per serve)

- ½ cup oats
- 1 - 2 cups milk, water, kefir
- ¼ cup seed mix
- ½ cup fresh or frozen berries
- 20 g **ur gut**®

Each serve has 20 g **ur gut**®

method

- Combine oats, **ur gut**®, seed mix and liquid in a jar or glass and mix well ensuring there are no lumps
- Seal/cover with a lid and leave the mixture to chill overnight in the fridge
- Add ½ cup of frozen berries or fruit of your choice

options

Add 1 – 2 tsp of freeze-dried berry powder and/or cinnamon or honey for more flavour

Can use milk or alternatives instead of water

Try different types of oats e.g. steel cut, 5-grain mix



nutritional information

	Quantity per serving	Quantity per 100 g
Weight	218 g	100 g
Energy	1168 kJ	535 kJ
Protein	12 g	6 g
Total fat	13 g	6 g
Saturated fat	3 g	1 g
Carbohydrate	30 g	14 g
Sugars	10 g	5 g
Dietary fibre	12 g	6 g
Resistant starch	4 g	1 g
Sodium	55 mg	25 mg



frittata

ingredients

Makes 8 Serves (120g per serve)

- 5 regular free-range eggs
 - 1 large red capsicum
 - 1 medium carrot
 - 1 cup baby spinach
 - 1 tsp thyme
 - 1 tsp turmeric
 - ½ cup milk
 - 80 g **ur gut**®
 - 1 sprinkle black pepper,
 - 2 tb olive oil
- Each serve has 15 g **ur gut**®



method

- Preheat oven to 180°C
- Heat olive oil in a large fry pan. Add chopped red capsicum and grated carrot, do not add in the spinach, sauté for 5 minutes or until veggies are cooked to your liking.
- Add the spinach and stir until it begins to wilt (about 1 minute).
- Place cooked vegetables into a greased oven-proof baking dish.
- Whisk eggs with milk, thyme, turmeric and pepper until smooth and well combined. Add **ur gut**® and stir vigorously.
- Pour egg mixture over sautéed vegetables. Lightly stir the veggies, evenly distributing them throughout the eggs. (Can add a sprinkle of cheese).
- Bake for about 25 -30 minutes until just set and slightly puffy.

nutritional information

	Quantity per Serving	Quantity per 100 g
Weight	120 g	100 g
Energy	521 kJ	433 kJ
Protein	5 g	4 g
Total fat	8 g	6 g
Saturated fat	2 g	4 g
Carbohydrate	12 g	10 g
Sugars	4 g	3 g
Dietary fibre	8 g	7 g
Resistant starch	4 g	3 g
Sodium	60 mg	50 mg

Mediterranean muffins

ingredients

Makes 12 Serves (90 g per serve)

- 3 regular free-range eggs
- 2 cups spelt flour
- 4 tsp baking powder
- ½ medium avocado, mashed
- ¼ cup fresh basil, chopped
- 1 tb lemon juice
- ¼ cup olive oil
- 4 black olives, chopped
- ½ tsp chilli flakes
- 1 cup milk
- ½ cup strong cheddar, grated
- 120 g **ur gut**®
- 1 sprinkle paprika

Each serve has 10 g **ur gut**®

method

- Preheat the oven to 180°C and line a 12-well muffin tray with paper cases
- Mix the flour, ur gut and baking powder in a large bowl
- In a separate bowl, whisk the eggs and mix in the olive oil and milk and then add the mashed avocado
- Make a well in the flour and add the egg mixture, folding in gently
- Add the olives, lemon juice, chilli flakes and basil to the batter
- Spoon the batter evenly into muffin cases and sprinkle the cheese and paprika over the top of each
- Bake) for about 25 -30 minutes until risen and firm to the touch
- Cool in the tin for a few minutes before transferring to a wire rack
- Garnish with fresh basil

notes

Add a cherry tomato or an olive before cooking to garnish



nutritional information

	Quantity per Serving	Quantity per 100 g
Weight	88g	100 g
Energy	883 kJ	1006 kJ
Protein	6 g	7 g
Total fat	10 g	12 g
Saturated fat	3 g	3 g
Carbohydrate	25 g	29 g
Sugars	2 g	2 g
Dietary fibre	10 g	12 g
Resistant starch	4 g	4 g
Sodium	195 mg	222 mg

cabbage pancakes

ingredients

Makes 4 serves, 2 pancakes per serve (100 g per serve)

- 1 free-range egg, beaten
- 40 g **ur gut**®
- 1 tsp vegetable powder
- 150 g green cabbage, shredded
- 100 g carrot, grated
- 1 spring onion, finely chopped
- Olive oil for frying

Each serve has 10 g **ur gut**®



method

- In a bowl combine the free-range egg, ur gut and vegetable powder and stir thoroughly to form a smooth batter
- Add the vegetables and mix well to combine, divide into 8 pancakes
- Heat a pan over medium heat and add a drizzle of oil to coat the bottom
- Turn down the heat and fry the pancakes for about 5 minutes until golden and crispy. Flip and cook for a further 5 minutes on the other side
- Serve with a tossed green salad and your choice of dressing

options

Drizzle with Okonomi sauce and sriracha mayo and top with pickled ginger to add a Japanese twist

nutritional information

	Quantity per Serving	Quantity per 100 g
Weight	103 g	100 g
Energy	736 kJ	717 kJ
Protein	2.5 g	2.4 g
Total fat	15 g	15 g
Saturated fat	2.5 g	2.4 g
Carbohydrate	11 g	11 g
Sugars	0 g	0 g
Dietary fibre	9 g	8 g
Resistant starch	4 g	4 g
Sodium	224 mg	218 mg

veggie balls



ingredients

Makes 3 serves, 3 per serve (164 g per serve)

- 1 free-range egg, beaten
- 60 g **ur gut**®
- 1 tsp vegetable powder
- ½ cup frozen peas, thawed
- ½ cup frozen sweetcorn kernels, thawed
- ½ cup zucchini, grated
- ½ cup carrot, grated
- ¼ cup mushrooms, diced
- 2 tb fresh parsley, chopped
- olive oil for frying

Each serve has 20 g **ur gut**®

method

- In a bowl combine the free-range egg, ur gut and vegetable powder and stir thoroughly to form a smooth batter
- Add the vegetables and mix well to combine, divide into 9 balls
- Heat a pan over medium heat and add a good drizzle of oil to coat the bottom
- Turn down the heat and add the balls. Keep turning them as they brown to ensure an even golden colour all over, about 15 minutes.

serving suggestion

Add the balls to a tomato and basil sauce and serve with your favourite pasta, topped with shaved parmesan and a tossed green salad.

nutritional information

	Quantity per serving	Quantity per 100 g
Weight	174 g	100 g
Energy	1218 kJ	744 kJ
Protein	6 g	4 g
Total fat	21 g	13 g
Saturated fat	4 g	2 g
Carbohydrate	27 g	17 g
Sugars	4 g	0 g
Dietary fibre	18 g	11 g
Resistant starch	8 g	5 g
Sodium	292 mg	178 mg



sliders

ingredients

Makes 5 burgers (136 g per serve)

for the burger

- 100 g lean mince
- ½ cup carrot, grated
- ½ cup zucchini, grated
- 1 tsp chicken stock powder
- 40 g **ur gut**®
- olive oil for frying
- Each burger has 8 g **ur gut**®

for the filling

- 1 large tomato
- 1 large red onion
- ½ cup shredded lettuce, iceberg or cos
- 100 g tasty cheddar, thinly sliced or grated

for the bun

see 'ur gut dinner rolls' recipe

method

- In a large bowl combine the mince, ur gut, stock powder and vegetables and thoroughly mix with your hand.
- Form 5 burger patties and set aside.
- Slice the tomato and the red onion.
- Heat a pan over medium heat and drizzle in enough oil to coat the bottom.
- Add the patties and fry for about 10 minutes until golden brown. Flip the patties and fry for a further 10 minutes until evenly brown.
- Build your sliders by stacking a burger patty with lettuce, tomato, onion and cheese inside a ur gut dinner roll.

options

Can add pickles, beetroot or avocado to boost your veggie intake



nutritional information

	Quantity per Serve	Quantity per 100 g
Weight	136 g	100 g
Energy	701 kJ	517 kJ
Protein	10 g	8 g
Total fat	10 g	8 g
Saturated fat	5 g	4 g
Carbohydrate	10 g	8 g
Sugars	4 g	3 g
Dietary fibre	7 g	5 g
Resistant starch	3 g	2 g
Sodium	311 mg	229 mg

NB. Nutritional information is for burger and filling only



chicken goujons

ingredients

Makes 4 serves (190 g per serve)

4 free-range skinless chicken thighs

40 g **ur gut**®

ground black pepper and paprika to season

2 free-range eggs, beaten

olive oil for frying

Each serve has 10 g **ur gut**®

method

- Cut the chicken into chunky strips
- Combine the **ur gut** and the seasoning in one bowl and have the beaten egg in another.
- Dip the chicken strips, one at a time, into the egg mix and then evenly coat with the **ur gut** mix.
- Once they are all coated, heat the oil in a large frying pan.
- Add the goujons to the hot oil one by one and keep turning as they brown, until they are golden and crispy all over and the chicken is cooked.
- Serve with a tossed garden salad.

options

Serve these goujons in a **ur gut** dinner roll to make tasty chicken sliders.



nutritional information

	Quantity per Serving	Quantity per 100 g
Weight	190 g	100 g
Energy	1478 kJ	782 kJ
Protein	31 g	16 g
Total fat	24 g	13 g
Saturated fat	5 g	3 g
Carbohydrate	9 g	5 g
Sugars	0 g	0 g
Dietary fibre	8 g	4 g
Resistant starch	4 g	2 g
Sodium	134 mg	71 mg

custard pudding

ingredients

Makes 6 serves (150 g per serve)

- 2 cups milk
- 20 g butter
- 3 tb sugar
- 1 free-range egg yolk
- 40 g **ur gut**®
- 2 tb custard powder
- 2 **ur gut**® brownies
- Fresh/frozen blueberries and kiwi fruit to garnish
- Each serve has 8 g **ur gut**®

method

- Heat the milk and butter in a pan to nearly boiling.
- Add the sugar and beaten egg yolk stir until the sugar has dissolved.
- Meanwhile, mix the **ur gut** and custard powder together until thoroughly blended.
- Stir into the warm milk and keep stirring over low heat until thickened and just boiling.
- Cut the brownies in half lengthways and arrange the brownies decoratively up the sides of a small ramekin or bowl.
- Pour the warm custard into the dish and leave to cool and set.
- Decorate with the blueberries and kiwi fruit and chill.

options

This versatile custard can be served hot or cold with other desserts or fruit of your choice..



nutritional information

	Quantity per Serving	Quantity per 100 g
Weight	148 g	100 g
Energy	1133 kJ	765 kJ
Protein	6 g	5 g
Total fat	17 g	11 g
Saturated fat	9 g	6 g
Carbohydrate	28 g	19 g
Sugars	12 g	8 g
Dietary fibre	7 g	5 g
Resistant starch	3 g	2 g
Sodium	74 mg	50 mg

super seed crackers

ingredients

Makes 12 crackers 50 g per cracker)

250 g mixed seeds (pumpkin, sunflower, sesame, chia)

2 tsp flavour seeds (cumin, caraway, fennel, nigella, optional)

150 g **ur gut**®

½ tsp salt

3 tbs olive oil

Add water (about 1 cup)

Each serve has 10 g **ur gut**®



nutritional information

method

- Preheat oven to 180°C and line a baking tray.
- Combine all dry ingredients in a large bowl.
- Stir in the olive oil and mix thoroughly making sure there are no lumps.
- Slowly add water until you have a smooth paste.
- Spread the paste across the baking tray as thin as possible, without gaps and cut the raw dough into cracker-sized squares.
- Bake in the oven until golden brown and crispy. Once they are evenly browned turn the oven off and leave the tray in the oven to allow the crackers to dry out and become crispy.
- Once cool store in an airtight container for up to 2 weeks.

serving suggestions

Serve with tasty cheese, hummus or top with crunchy peanut butter

	Quantity per cracker	Quantity per 100 g
Weight	48g	100g
Energy	730kJ	1537kJ
Protein	6g	13g
Total fat	13g	27g
Saturated fat	2g	4g
Carbohydrate	12g	24g
Sugars	0.3g	0.6g
Dietary fibre	12g	26g
Resistant starch	5g	9g
Sodium	103mg	218mg

energy bar

ingredients

Makes 8 bars (70 g per serve)

- 1 regular egg
- 1 cup quick oats
- 1/3 cup Lupinola*
- 1/3 cup dried cranberries/dates
- 1 cup grated apple
- 1 cup mixed nuts and seeds
- 100 mL olive oil
- 1/3 cup honey
- 40 g **ur gut**®

Each serve has 5 g **ur gut**®

*Lupinola [Buy Lupinola High Protein Cereal - Lupins 5 Star Health Rating \(thelupinco.com.au\)](#)

method

- Pre-heat the oven to 175°C
- Whisk the eggs and then add the olive oil, honey and cranberries/dates
- Mix in the grated apple and nuts/seeds
- Combine the rest of the ingredients and mix thoroughly ensuring there are no lumps
- Stir dry ingredients into the fruit and egg and mix well
- Flatten into a greased and lined baking dish and bake in the oven for 25-35 mins until golden
- Cut into bars and cool

notes

Lupinola makes this an excellent protein energy snack, if unavailable you can swap for other types of granola



nutritional information

	Quantity per Serving	Quantity per 100 g
Weight	68 g	100 g
Energy	1203 kJ	1766 kJ
Protein	3 g	5 g
Total fat	21 g	31 g
Saturated fat	3 g	4 g
Carbohydrate	24 g	35 g
Sugars	19 g	27 g
Dietary fibre	5 g	8 g
Resistant starch	2 g	3 g
Sodium	5 mg	8 mg



dinner rolls

ingredients

Makes 8 rolls (100 g per roll)

500 g plain flour
40g **ur gut**[®]
2 tsp salt
2 tsp sugar
7 g dried yeast
250 mL tepid water
milk for brushing

Each dinner roll has 5 g **ur gut**[®]

method

- Thoroughly mix the ur gut with the flour, salt and sugar in a large bowl.
- Make a well in the centre and pour in half the water and the yeast.
- Gradually begin mixing in the flour and add the remaining water, forming a nice even dough.
- Knead the dough on a floured surface for 4 – 5 minutes until silky and elastic.
- Place the dough back in the bowl and cover with a clean cloth. Leave in a warm place until doubled in size.
- Place the risen dough on a floured surface and knock the air out of it for about ½ minute.
- Divide into dinner-sized rolls and place on a baking dish. Cover and leave to prove until doubled in size once more.
- Pre-heat the oven to 180°C
- Once risen, brush the tops with a little milk. Place in the oven and bake for about 30 minutes until golden in colour and there is a hollow sound when tapped.
- Serve warm.

options

Add some mixed grains/seeds to make this a healthier option. Rolls can be frozen



nutritional information

	Quantity per Serving	Quantity per 100 g
Weight	97 g	100 g
Energy	985 kJ	1017 kJ
Protein	7 g	7 g
Total fat	1 g	1 g
Saturated fat	0 g	0 g
Carbohydrate	51 g	52 g
Sugars	2 g	2 g
Dietary fibre	5 g	5 g
Resistant starch	2 g	2 g
Sodium	576 mg	594 mg



chocolate brownie

ingredients

Makes 8 serves (100 g per serve)

- 200 g 70% dark chocolate
- 100 g unsalted butter, chopped
- 1tsp vanilla extract
- ½ cup brown sugar
- 2 free-range eggs
- ¾ cup plain flour
- 50 g **ur gut**®
- 50 g lupin flour*
- 1 tsp baking powder
- ½ cup raisins/cranberries/walnuts
- ¼ cup mixed seeds

Each serve has 6 g **ur gut**®

*Lupin flour | [The Lupin Co.](#)

method

- Preheat oven to 175°C and grease or line a 27cm brownie tin.
 - Melt chocolate with butter and vanilla gently over low heat.
 - Stir in the sugar until dissolved.
 - Whisk in 1 egg at a time.
 - In a bowl, mix plain flour, lupin flour, ur gut and baking powder.
 - Gently fold flour mix into the chocolate and egg mix.
 - Pour into a greased pan and sprinkle raisins/cranberries/walnuts and mixed seeds over the top.
 - Bake for 25-30mins until the top has browned but is still slightly soft in the centre.
 - Allow to cool slightly and cut into slices.
- Can be frozen

notes

As this is very energy dense, it is a sometimes snack



nutritional information

	Quantity per Serving	Quantity per 100 g
Weight	100 g	100 g
Energy	1878 kJ	1878 kJ
Protein	8 g	8 g
Total fat	31 g	31 g
Saturated fat	14 g	14 g
Carbohydrate	39 g	39 g
Sugars	17 g	17 g
Dietary fibre	6 g	6 g
Resistant starch	2 g	2 g
Sodium	78 mg	78 mg

banana bread

ingredients

Makes 12 serves (110 g per serve)

4 ripe bananas, mashed
3 regular eggs
250 g spelt flour
50 g Lupin flour*
200 g brown sugar
170 mL milk
80 mL olive oil
1 tsp vanilla extract
18 g bicarbonate of soda
50 g **ur gut**®
Each serve has 9g **ur gut**®

*Lupin flour | [The Lupin Co.](#)

Can add dried ginger/cranberries/walnuts if desired
(not included in nutritional information)

method

- Pre-heat the oven to 185°C
 - Beat together sugar, bananas, eggs and vanilla in a bowl until light and fluffy
 - Mix the oil and milk and pour slowly into banana mixture, mixing well
 - Mix the spelt flour, lupin flour, ur gut and bicarbonate of soda in a large bowl, make sure there are no lumps
 - Gently fold flour mix into the banana mix, do not over mix
 - Pour into a lined, greased loaf tin and add dried ginger/walnuts/berries over the top, if desired
 - Bake for about 45-60 mins until a skewer comes out clean
 - Cool on a wire rack
- Can be frozen in separate slices



nutritional information

	Quantity per Serving	Quantity per 100 g
Weight	107 g	100 g
Energy	1444 kJ	1354 kJ
Protein	43 g	40 g
Total fat	8 g	8 g
Saturated fat	1 g	1 g
Carbohydrate	11 g	10 g
Sugars	4 g	4 g
Dietary fibre	29 g	27 g
Resistant starch	2 g	2 g
Sodium	53 mg	50 mg

raw balls

ingredients

Makes 10 balls (32 g per serve)

1 cup dates
approximately 1 cup boiling water
½ cup oats
¼ cup LSA
1 tb cocoa powder
¼ cup desiccated coconut
60 g **ur gut**®
oats/crushed nuts/coconut for dusting
(not included in nutritional information)
Each serve has 6 g **ur gut**®

method

- Soak dates in water to soften for 10 minutes, then drain and mash with a fork
- Place LSA, cocoa powder, oats, **ur gut**® and coconut in a bowl and stir in the date mixture until well combined
- Form 12 walnut-sized balls by rolling mixture between your hands
- Roll each ball in the coating of your choice (oats/crushed nuts/cocoa)
- Balls can be refrigerated for up to 2 weeks or frozen for 1 month



nutritional information

	Quantity per Serving	Quantity per 100 g
Weight	32 g	100 g
Energy	476 kJ	1478 kJ
Protein	2 g	6 g
Total fat	4 g	12 g
Saturated fat	2 g	5 g
Carbohydrate	20 g	62 g
Sugars	10 g	32 g
Dietary fibre	6 g	20 g
Resistant starch	3 g	8 g
Sodium	6 mg	19 mg

berry smoothie

ingredients

Makes 2 serves (312 g per serve)

125 g mixed berries, fresh or frozen
1 cup milk, plant-based alternative
½ cup natural yoghurt or kefir
1 medium banana
20g **ur gut**®
Each serve has 10 g **ur gut**®

method

- Put all ingredients into a blender, adding the liquid gradually to the desired consistency



nutritional information

	Quantity per Serving	Quantity per 100 g
Weight	312 g	100 g
Energy	935 kJ	300 kJ
Protein	9 g	3 g
Total fat	8 g	2 g
Saturated fat	5 g	2 g
Carbohydrate	34 g	11 g
Sugars	22 g	7 g
Dietary fibre	10 g	3 g
Resistant starch	6 g	2 g
Sodium	94 mg	30 mg

green smoothie

ingredients

Makes 2 serves (370 g per serve)

1 large kiwi fruit
1- 2 cups coconut water
1 handful fresh spinach
1 handful fresh mint
60g avocado
1 medium banana
20g **ur gut**®
Each serve has 10g **ur gut**®

method

- Peel the banana, avocado and kiwi fruit and wash the spinach and mint
- Cut the kiwi and banana into chunks
- Add all ingredients to a blender, adding the liquid gradually and blend until desired consistency



nutritional information

	Quantity per Serving	Quantity per 100 g
Weight	369 g	100 g
Energy	746 kJ	202 kJ
Protein	4 g	1 g
Total fat	5 g	1 g
Saturated fat	1 g	0 g
Carbohydrate	32 g	9 g
Sugars	19 g	5 g
Dietary fibre	12 g	3 g
Resistant starch	6 g	2 g
Sodium	51 mg	12 mg

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**Our vision is to provide informed wellness and
convenience for a healthy gut.**



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