




# Healthy Aging - Eating for your Gut Microbiota!

**DR. KIM BRETZ ND**

 dr. kim bretz nd  
Naturopathic Doctor

  
New Roots  
HERBAL

# Healthy Aging - Eating for your Gut Microbiota!

DR. KIM BRETZ ND

Hello!

What if you could change the way you age through your gut bacteria?

A healthy gut microbiota (the microorganisms that live in your digestive tract) is a huge part of the aging process. And what you feed your bacteria is going to be as important as what you feed your own cells!

Some of the foods to focus on to have a healthy gut microbiota include:

- Psyllium, chia & flaxseed
- Onions, mushrooms & garlic
- Beans, lentils & legumes
- Oats
- Bananas
- Yogurt & kefir
- Fermented veggies & raw honey

**How to get started?**

- Variety matters - it's better to have small bits of multiple types of these probiotic & prebiotic foods, rather than a bucket-load of sauerkraut
- Aim to eat 3 solid meals per day and have a time where you're not eating - it isn't good for your bacteria to be eating from morning until bedtime. Stop eating after dinner.
- If fiber-rich foods cause you to be bloated or gassy, talk to your healthcare provider. They can help you with enzymes, herbs and other options to get these important foods into your diet without feeling poorly! Those types of symptoms often indicate an imbalance between your good and bad bacteria.

Enjoy these recipes to nourish not only your body but your gut microbiota - they'll thank you for it!

# Blueberry Chia Parfait

2 SERVINGS 30 MINUTES



## INGREDIENTS

- 1 3/4 cups Unsweetened Almond Milk
- 1/3 cup Chia Seeds
- 1 tbsp Maple Syrup
- 1 cup Frozen Blueberries (thawed)
- 1/4 cup Slivered Almonds

## DIRECTIONS

- 01 In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
- 02 Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
- 03 Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

## NOTES

### NO SLIVERED ALMONDS

Use shredded coconut or hemp seeds instead.

### CHIA WILL NOT GEL

If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!



# Zucchini Bread

8 SERVINGS 1 HOUR 20 MINUTES



## INGREDIENTS

1 cup Almond Flour  
1/2 cup Coconut Flour  
1 tsp Baking Soda  
1/4 tsp Sea Salt  
1/2 tsp Cinnamon  
1 tbsp Ground Flax Seed  
1 Banana (ripe and mashed)  
1 tbsp Extra Virgin Olive Oil  
2 Egg (whisked)  
1/4 cup Maple Syrup  
1 Zucchini (grated)

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 Combine the dry ingredients together in a bowl (flours, baking soda, sea salt, cinnamon and flax seed).
- 03 In a separate bowl, mash your banana. Add in olive oil, eggs, maple syrup and grated zucchini. Mix well to combine. Add in your dry ingredients and mix again.
- 04 Line a loaf pan with parchment paper and press the dough evenly across the pan. Bake in the oven for 1 hour. Test to see if it is done by inserting a toothpick into the centre. If it comes out clean, the bread is finished. Remove from oven and let cool. Lift parchment paper out of loaf pan and slice into pieces. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to seven days. Freeze for up to three months.

### ON-THE-GO

Make it more portable by turning it into muffins. Bake in a muffin tin instead of a loaf pan. Cut the baking time to 35 - 45 minutes.

### CHOCOLATE LOVERS

Stir 1/3 cup dark chocolate chips into the dough before baking.

### VEGAN

Replace eggs with chia eggs. Mix 2 tbsp chia seed with 6 tbsp warm water and mix until it forms a gel.

# Berry and Beet Smoothie Bowl

2 SERVINGS 10 MINUTES



## INGREDIENTS

1 Beet (medium, peeled and diced)  
1 cup Frozen Mango  
1 cup Frozen Raspberries  
1 tbsp Pitted Dates  
1/4 cup Vanilla Protein Powder  
1 cup Unsweetened Almond Milk

## DIRECTIONS

- 01 In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, protein powder and milk. Blend until smooth and thick.
- 02 Transfer to a bowl and add toppings. Enjoy!

## NOTES

### TOPPING IDEAS

Blueberries, blackberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.



# Golden Beet Hummus

4 SERVINGS 50 MINUTES



## INGREDIENTS

- 1 Golden Beet (skin on, washed)
- 1 3/4 cups Chickpeas (cooked, rinsed)
- 1 Lemon (juiced)
- 1/2 tsp Sea Salt
- 2 tbsps Tahini
- 2 Garlic (cloves)
- 1/3 cup Water (ice cold)
- 2 tsps Sesame Seeds (optional)
- 1 tbsp Chives (chopped, optional)
- 1 tbsp Extra Virgin Olive Oil (optional)

## DIRECTIONS

- 01 Preheat the oven to 400F (204°C). Wrap the beet in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beet from the oven, let it cool and then peel.
- 02 In a blender or food processor, add the chickpeas and blend until smooth. Next, add the beet and blend again. Add the lemon, sea salt, tahini and garlic and blend until mixed together. Slowly drizzle in the water and keep blending until smooth and creamy.
- 03 Add to a serving dish and garnish with sesame seeds, chopped chives and extra virgin olive oil, if using. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days, or in the freezer for up to six months.

### SERVE IT WITH

Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

### MORE FLAVOR

Add spices such as turmeric, paprika or nutritional yeast.

### SMOOTH CONSISTENCY

To make the hummus very smooth, pop the chickpeas out of their skins before blending.

# Shredded Brussels Sprouts Slaw with Crispy Lentils

4 SERVINGS 30 MINUTES



## INGREDIENTS

- 1 cup Lentils (cooked)
- 1/4 cup Pumpkin Seeds (raw)
- 2 tsps Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar
- 1/2 tsp Dijon Mustard
- 1 tsp Maple Syrup
- 5 cups Brussels Sprouts (trimmed, very thinly sliced)
- 1/4 cup Pomegranate Seeds (optional)

## DIRECTIONS

- 01 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 In a medium bowl, add the lentils, pumpkin seeds, avocado oil, sea salt and pepper. Mix well to combine. Spread in an even layer on the baking sheet and bake for 10 minutes. Remove, shake the pan around and place back in the oven for 10 minutes more. Remove and set aside.
- 03 In a small bowl or jar, add the extra virgin olive oil, balsamic vinegar, mustard and maple syrup. Shake well and season with salt and pepper as needed.
- 04 Add the brussels sprouts, lentils, pumpkin seeds and dressing to a large bowl. Toss to combine. Top with pomegranate seeds, if using. Divide onto plates, serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### MORE FLAVOR

Season the lentils with garlic powder, onion powder, cumin, dill and/or dried basil.

### ADDITIONAL TOPPINGS

Top with goat cheese, feta or parmesan.

### LENTILS

It is recommended to use French green lentils as they hold their shape better. Red or brown lentils will not work the same as they tend to get too mushy.



# Savory Mushroom Oats

2 SERVINGS 15 MINUTES



## INGREDIENTS

- 1 tbsp Vegetable Broth
- 10 White Button Mushrooms (sliced)
- 1 Garlic (clove, minced)
- 1 tsp Thyme (fresh, minced)
- 1 tsp Nutritional Yeast
- 1 cup Oats (rolled)
- 2 cups Water
- 1 1/2 tsps Coconut Aminos

## DIRECTIONS

- 01 In a skillet over medium-low heat, add the vegetable broth and the mushrooms. Cook for 5 minutes. Add the garlic, thyme and nutritional yeast and continue cooking for 4 to 5 minutes.
- 02 Meanwhile, add the oats and water to a pot. Bring to a gentle boil over medium heat and cook for 8 to 10 minutes. Stir frequently. Once cooked through, add the coconut aminos and stir.
- 03 Add the oats to a bowl and top with mushrooms. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add extra virgin olive oil, ghee or butter on top.

### ADDITIONAL TOPPINGS

Add chopped parsley, parmesan or dairy-free cheese on top.

### NO COCONUT AMINOS

Use tamari or soy sauce instead.

### NO VEGETABLE BROTH

Use avocado oil, or omit if using a non-stick pan.



# Roasted Cauliflower Burrito Bowl

4 SERVINGS 35 MINUTES



## INGREDIENTS

- 1 head Cauliflower (cut into florets)
- 1/2 tsp Cumin
- 1 tsp Chili Powder (divided)
- 1 tsp Smoked Paprika (divided)
- 1/4 tsp Sea Salt (divided)
- 1 1/2 cups Black Beans (cooked)
- 1/2 cup Water
- 1 Avocado
- 1 Garlic (clove, minced)
- 1 tsp Lime Juice
- 1/4 cup Cilantro (finely chopped, optional)

## DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the cauliflower with the cumin, half the chili powder, half the smoked paprika and half the sea salt. Place in the oven and cook for 25 minutes, flipping halfway through.
- 02 While the cauliflower is baking, add the beans to a small pot along with the water, the remaining chili powder, the remaining smoked paprika and remaining sea salt. Bring to a simmer over medium-low heat, mashing the beans with the back of a spoon. Cook for about 8 to 10 minutes, until the mixture has thickened. Remove from heat.
- 03 In a small bowl, add the avocado, garlic and lime juice and mash to make guacamole.
- 04 Divide the cauliflower into bowls and top with the mashed beans and avocado. Sprinkle the cilantro on top, if using. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Store the guacamole separately and squeeze with additional lime juice to prevent browning.

### MORE FLAVOR

Add red pepper flakes or chili flakes along with finely diced red onion to the mashed avocado. Roast the cauliflower with avocado or olive oil.

### ADDITIONAL TOPPINGS

Serve with corn tortilla chips.

# Ginger Cilantro Salmon Burgers

2 SERVINGS 30 MINUTES



## INGREDIENTS

- 8 ozs Salmon Fillet (skinless, cut into 1/2-inch chunks)
- 1/4 cup Cilantro (finely chopped)
- 1 tbsp Ginger (peeled and finely grated)
- 2 tsps Coconut Aminos
- 1 tsp Sesame Oil
- 1 tsp Lime Juice
- 1 tbsp Avocado Oil

## DIRECTIONS

- 01 Add the salmon to the bowl of a food processor (including the blade) and place in the freezer for 15 minutes.
- 02 Meanwhile, in a large mixing bowl combine the cilantro, ginger, coconut aminos, sesame oil and lime juice. Set aside.
- 03 Remove the food processor bowl from the freezer. Pulse the salmon 4 to 5 times until finely chopped but not a puree. Fold the chopped salmon into the cilantro and ginger mixture.
- 04 Form the mixture into patties. If it is too wet, refrigerate for 20 minutes to stiffen before forming into patties.
- 05 Heat the avocado oil in a large non-stick pan over medium-high heat. Cook the salmon burgers for 4 to 5 minutes per side, or until cooked through and firm to the touch. Serve immediately and enjoy.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to 2 days.

### SERVING SIZE

One serving is equal to one salmon burger.

### MORE FLAVOR

Add minced garlic, honey, lime zest, red pepper flakes or hot sauce to the burger mixture.

### SERVE IT WITH

Leafy greens topped with extra lime juice, chopped cilantro, sesame seeds, and sliced avocado.

### NO COCONUT AMINOS

Use tamari or soy sauce instead.

### NO AVOCADO OIL

Use extra virgin olive oil or coconut oil instead.



# Deconstructed Sushi Bowl

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 tsp Avocado Oil
- 4 cups Cauliflower Rice
- 2 tsps Coconut Aminos
- 1/2 Cucumber (sliced into sticks)
- 1 Avocado (peeled and chopped)
- 4 Nori Sheets (snack size, torn into pieces)
- 8 ozs Smoked Salmon
- 2 tsps Sesame Seeds
- 2 tbsps Mayonnaise
- 1/8 tsp Cayenne Pepper (optional)

## DIRECTIONS

- 01 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Saute for 5 to 7 minutes, then add the coconut aminos and stir to coat. Remove from heat.
- 02 Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori and smoked salmon. Garnish with sesame seeds.
- 03 Mix the mayonnaise with cayenne in a small bowl and drizzle on top of the bowls. Enjoy!

## NOTES

### LEFTOVERS

This bowl is best served immediately but can be stored in the fridge up to 2 days and served cold.

### NO COCONUT AMINOS

Use tamari or soy sauce instead.



# Pan Seared Peaches with Dukkah

2 SERVINGS 10 MINUTES



## INGREDIENTS

- 2 tbsps Hazelnuts (roasted, unsalted)
- 1 1/3 tbsps Almonds (roasted, unsalted)
- 1 1/2 tbsps Sesame Seeds (white and/or black, toasted)
- 1 1/2 tbsps Coriander Seed
- 1/4 tsp Fennel Seed
- 1/4 tsp Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Coconut Oil
- 2 Peach (halved, pit removed)
- 1/2 cup Unsweetened Coconut Yogurt
- 1/4 cup Mint Leaves (optional, lightly torn)

## DIRECTIONS

- 01 Combine the hazelnuts, almonds, sesame seeds, coriander seeds, fennel seeds, cumin, salt and pepper into a food processor or blender. Process until you reach a coarse grainy texture. Set aside.
- 02 Heat a cast iron skillet over medium-high heat. Once hot, add the coconut oil. Place the peaches on the skillet cut side down. Sear for 4 to 5 minutes, until charred.
- 03 Divide the yogurt evenly between bowls. Add the peaches and top with dukkah and mint leaves, if using. Enjoy!

## NOTES

### LEFTOVERS

Best served right away. Otherwise, refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is one peach and 1/4 cup yogurt.

### LIKES IT SWEET

Add a drizzle of honey or maple syrup.

### BARBECUE

To prepare on the grill, brush the peaches with oil. Grill the peaches, cut side down, for 5 minutes, without turning.

### NO COCONUT YOGURT

Use Greek yogurt or another yogurt alternative.

# Peanut Butter Crunch Balls

20 SERVINGS 1 HOUR 15 MINUTES



## INGREDIENTS

3/4 cup All Natural Peanut Butter  
1/4 cup Maple Syrup  
1/4 tsp Sea Salt  
3/4 cup Oat Flour  
1 cup Rice Puffs Cereal  
1 3/4 ozs Dark Chocolate  
1 tsp Coconut Oil

## DIRECTIONS

- 01 In a mixing bowl, mix together the peanut butter, maple syrup and sea salt. Add in the oat flour and mix well until a soft dough forms. Gently fold in the rice puffs cereal until evenly distributed.
- 02 Line a baking sheet with parchment paper. Use a tablespoon to drop small balls onto the baking sheet then use your hands to roll them into a ball and smooth them out. Store in the freezer for 30 minutes.
- 03 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape.
- 04 Bring water to a boil then reduce to lowest heat. Add the dark chocolate and coconut oil to the smaller pot and stir continuously until melted. Remove from stovetop.
- 05 Remove the baking sheet peanut butter balls from the freezer. Using a spoonful of melted chocolate at a time slowly drizzle the chocolate over top of each ball, or alternatively, dip each one into the melted chocolate mixture and place them back on the parchment paper.
- 06 Let peanut butter balls set in the freezer for 30 minutes to harden. Remove from freezer and enjoy right away, or store in the fridge or freezer to eat later.

## NOTES

### SERVING SIZE

By default, this recipe creates 20 balls, and for nutrition calculations, we consider one ball to be one serving.

### NO MAPLE SYRUP

Use raw honey instead.

### NO PEANUT BUTTER

Use almond butter instead.

# Ginger Mint Tea

2 SERVINGS 10 MINUTES



## INGREDIENTS

- 2 1/2 cups Water
- 3 tbsps Ginger (peeled, sliced)
- 1/4 cup Mint Leaves (stems removed)

## DIRECTIONS

- 01 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let simmer for about 5 to 10 minutes, or to your desired strength.
- 02 Remove from heat and add mint leaves, steeping for 3 to 5 minutes. Divide into mugs and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

### SERVING SIZE

One serving equals approximately 2 cups.

### MORE FLAVOR

Add lemon, green tea, chocolate extract, honey or your sweetener of choice.

### ENJOY IT COLD

Add ice cubes.

### NO MINT LEAVES

Use spearmint leaves instead.