

Daily Foundation

This is a “method” rather than a recipe because it can be adapted to your needs.

If you'd like to tick most of your boxes with one single meal, look no further. This is a simple, nutrient-dense, microbiome-supportive solution.

Base ingredients for a four-day mix

1 x 700ml bottle of Kefir (natural),

1 x 800g tub of natural Greek yoghurt (choose the most minimally processed),

¼ cup chia seeds, (I sometimes double this quantity)

¼ cup ground linseeds (you can buy them whole and grind the whole packet at home, for freshness.)

1 cup either rolled oats or oat bran (depending on whether you want the extra carbs or not. Note: whole, uncut oats are healthier. Quick oats can result in a glucose spike.)

150-225g berries, frozen or fresh

Variations

Add 1 Tb cinnamon, or

1 Tb cocoa powder, or

Serve with a sprinkle of mixed seeds (sesame, pumpkin, sunflower and hemp), or

Chop in a piece of fresh fruit.

Method

Start by mixing the chia seeds with 1.5 cups of water for 15 minutes.

Mix kefir, oats and seeds in a large bowl,

Divide between 4 glass resealable containers and store in the fridge,

Serve with the yoghurt and berries.

Nutritional Information per ¼ Serving

Nutrient	Per serving
Energy	508 kcal
Protein	29 g
Fibre	13 g
Net carbohydrate	31 g

- Kefir is a fermented milk rich in protein and beneficial live microbes to support a healthy gut microbiome, digestion and immune function.
- Oats are rich in fibre, particularly beta-glucan, which supports gut health, helps lower LDL cholesterol and promotes steady blood sugar levels.
- Chia seeds provide fibre, omega-3 fats, protein and minerals that support gut health, heart health and healthy blood sugar control.
- Linseeds (flaxseeds) are rich in fibre, plant omega-3 fats and lignans (plant phytoestrogens), supporting gut health, heart health and healthy cholesterol levels.
- Greek yoghurt is rich in high-quality protein and calcium, supporting muscle, bone and gut health.
- Berries are rich in fibre, vitamin C and antioxidants called polyphenols, which support gut, heart and brain health.
- Cinnamon and cocoa both contain polyphenols and fibre.

This daily foundation recipe was my first “transformational” health breakthrough. It opened my eyes to the power of supporting my gut microbiome!

It also makes a sustaining packed lunch, reducing food cravings and any temptation to buy fast food.