Simply Nourished

with Fermented Foods

EASY WAYS TO ADD GUT HEALTHY FOODS TO MEALS YOU LOVE



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Intro

As a gut health coach, I'm passionate about helping people reconnect with the power of food—especially fermented foods and prebiotic-rich plants—to support and restore a healthy microbiome.

I often hear the same comments from clients and friends:

- *"Kraut is just so strong—I never grew up with that in my foods."*
- *"Miso? I've heard of it, maybe at a Japanese restaurant."*
- *"Kefir—oh, that's so tart! We tried it once but not again."*
- *"I eat yogurt. Isn't that enough?"*

For centuries, traditional cultures around the world have embraced fermentation as an essential part of daily life. Many of these traditions still thrive today, reminding us of the wisdom in simple, living foods. It's time we rediscover and intentionally revive this culture of including ferments as a natural part of how we eat.

Drawing on my background in nutrition, culinary education, and habit psychology, I created practical ways to bring fermented foods into everyday meals. Coaching over 2,500 individuals as a microbiome specialist at Tiny Health helped these ideas and recipes come to life.

As a child raised both on the SAD (Standard American Diet) and also part of the antibiotics generation, I've been on a mission to both heal my own gut health and overcome a taste and knowledge gap in how to both enjoy and prepare foods that make us feel nourished and vibrant.

I won't be teaching you how to ferment foods in this book. Instead, I'm starting even more simply, showing how to bring ready-made ferments into your daily meals. This book focuses on five common fermented foods—miso, sauerkraut, kefir, kimchi, and probiotic drinks—and how to enjoy them in ways that fit naturally into everyday eating.

Eating well doesn't have to be a struggle. You don't need to spend hours cooking or obsessing over every choice. Amid all the advice and information about what's healthy, let's make it simple, enjoyable, and doable—together.

Simply Resilient.



Table of Contents

What are Ferments?

Health Benefits

Introducing Ferments

Chapter 1 - Miso

Chapter 2 - Sauerkraut

Chapter 3 - Kefir

Chapter 4 - Kimchi

Chapter 5 - Drinks

What are Ferments?

WHAT IS A FERMENTED FOOD?

Fermented foods are made by letting natural microbes like bacteria and yeast transform sugars into acids and other compounds. This process not only helps preserve the food but also boosts its flavor and makes it healthier by adding beneficial nutrients and supporting your gut health

COMMON FERMENTS

- Yogurt (dairy or plant based)
- Sauerkraut
- Kimchi
- Pickles
- Tempeh
- Miso
- Natto
- Sourdough bread
- Idli
- Dosa
- Kefir
- Kombucha
- Kvass
- Jun
- Raw cheese
- Other ferments: garlic, beets, carrot, salsa, hot sauce

Health Benefits

DAILY RESILIENCE, NATURALLY

"A fermented food a day keeps the dis-ease away"

Including fermented foods regularly can help build whole body resilience. Benefits include:

- Improved digestion
- Boosts immunity
- Increases gut microbial diversity and resiliency
- Supports metabolic health
- Lower risk of certain chronic conditions
- Strengthens lining of gut wall
- Supports antibiotics recovery
- Boosts key nutrients like vitamins B, C, A, and K, and micronutrients like magnesium, calcium, and phosphorus

Introducing Ferments

SELECTING FERMENTED FOODS

- Check local farmers markets or health stores for unique fermented foods.
- Pickled or fermented? Pickles and foods like kraut should have 'salt and water' listed as the main ingredients. If vinegar is on the list, the product is most likely just 'pickled'.

UNPASTEURIZED VS PASTEURIZED

Unpasteurized

- Has live cultures and metabolites produced by bacteria
- Look for 'raw', 'unpasteurized' and 'live cultures' on labels to ensure best benefit for health

Pasteurized

- Heat treated to reduce any harmful bacteria and preserve shelf-life. May not contain live probiotics, but can still contain 'postbiotic' metabolites produced by gut bacteria.

WHO CAN HAVE FERMENTED FOODS

Start fermented foods young! Babies from 6 months can be introduced to ferments like kraut, kefir, kimchi, miso and yogurt. Start low and slow on quantity.

Check with your doctor before consuming if you have a weak immune system, serious health conditions, or are pregnant.

HOW TO BEGIN ADDING MORE FERMENTS

Start small
Start with just small amount and gradually increase to let your gut adjust to the beneficial bacteria.

Listen to your body
Some bloating or digestive changes are normal at first, but if you feel uncomfortable, scale back and build up slowly.

Pair with prebiotics
Regularly include prebiotics like veggies, fruits, nuts, grains, seeds, herbs and spices in meals. Prebiotics help feed the live bacteria in fermented foods.

Don't overheat!
To preserve the live cultures in fermented foods, add ferments at the end of cooking. Ideally, keep ferments below 100F to preserve benefits.

Engineer your environment for success
Keep ferments front and center, on the top shelf in the fridge!



Simple Swaps

Resilient health can be made easy by starting small. These are my go-to simple swaps for adding ferments to everyday meals.

MISO

Use like **parmesan** or **butter** for adding umami to foods

SAUERKRAUT

Use in recipes calling for **lemon** or **vinegar**

KEFIR

Use like **yogurt, mayonnaise**, **sour cream** or **milk** in some recipes

KIMCHI

Swap in any recipe calling for **hot sauce, salsa** or **chili flakes**

PROBIOTIC DRINKS

Instead of **soda**, **alcohol** or **juice**

CHAPTER 1

Miso



CHAPTER 1

Miso

WHAT IS IT?

soybeans + koji fungus + salt
Alternative bases: barley, chickpea, rice

SIMPLE SWAP

Use like **parmesan** or **butter** for adding umami to foods

TYPES

White miso (shiro miso): fermented for 1 to 3 months. Mild, sweet and lighter in color.

Yellow miso (shinshu miso) fermented about 6 months to 1 year. Earthy, balanced in flavor, not to sweet and not too strong.

Red miso (aka miso) is typically fermented for 1 to 3 years or even longer. Rich, deep flavor better for marinades and stews.

FUN FACTS

Misos origins trace back over 2,500 years to China, where it was first used as a medicinal food. It was later brought to Japan. There are over 1,000 varieties of miso in Japan alone!

Researchers made 'space miso' to see how fermentation is affected in outer space. Miso may also be used for astronauts to support their nutritional needs!

CHAPTER 01

Basic Miso Soup

Serves 2

Ingredients

- 2 cups water, bone broth or veggie broth
- 2 Tbsp miso paste
- Boosters: add in cubed tofu, green onion or seaweed

Instructions

1. In a medium pot or tea kettle, bring 2 cups of water or broth to a simmer over medium heat.
2. While the liquid is heating, take a small bowl and add about 2 tablespoons of the warm water from the pot.
3. Stir the miso paste into the small bowl of water until it's completely dissolved and smooth. Add any boosters.

Tips:

- Experiment with different types of seaweed - kombu, wakame.
- This is a great grounding food, kids love this for a meal or snack in cool months.



CHAPTER 01

Miso Ramen

Serves 2

Ingredients

- 2 blocks ramen noodles
- 2 Tbsp miso paste
- Bok choy or other greens, chopped
- Protein of choice: cubed tofu, soft boiled egg, chicken or beef
- Boosters: warmed bone broth, kimchi, green onion, seaweed

Instructions

1. Bring a pot of water to a boil. Add the ramen noodles and cook according to package instructions (usually 3–4 minutes). Remove noodles and reserve cooking water to use for ramen broth (unless using bone broth).
2. Warm pan on medium to high heat. Add chopped garlic and greens and sauté until just wilted (1-2 minutes).
3. Cook protein of choice (tofu, soft boiled egg, chicken, beef).
4. Whisk miso paste in a small bowl with 2 Tbsp of water until a smooth sauce forms.
5. Add reserved cooking water or bone broth, noodles, greens. protein and ny boosters.

Veggie variations

Fall: roasted pumpkin
Winter: shredded Brussels sprouts
Spring: steamed broccoli
Summer: steamed summer squash



CHAPTER 01

Miso Honey Sauce

Ingredients

- 2 Tbsp honey
- 1 Tbsp white or yellow miso
- 3 tsp extra virgin olive oil
- 1 garlic clove, grated or crushed

Instructions

1. Whisk ingredients together.
2. Add water as needed to thin out sauce.

Tips

- To maximize the antioxidant and antimicrobial benefits of raw garlic, grate or crush it and let rest 10 minutes to let allicin release. Throughout this book, recipes with raw garlic will note to grate or crush garlic instead of mince, for this benefit.
- A microplane is my favorite kitchen tool to help grate garlic!

How to use

Spread: onto steamed sweet potato, fish, chicken, steak
Drizzle: into salads, stir fry, bowls of protein with veggies



CHAPTER 01

Sunshine Sauce

Ingredients

- 2 oranges, juiced
- 1 Tbsp white or yellow miso
- 3-4 Tbsp extra virgin olive oil
- 1 garlic clove, grated or crushed
- Booster: orange zest

Instructions

1. Whisk ingredients together.

Tips

- Make sauce creamy by stirring in a spoon of kefir or yogurt.
- Oil will harden in the fridge. Take out 30 minutes before use and whisk to re-mix sauce.
- Drizzle onto salads, stir fry, bowls of protein with veggies.



CHAPTER
01

Miso Eggs

Serves 2

Ingredients

- 4 eggs
- 1 Tbsp miso paste
- Boosters: kimchi, chives, sesame seeds, seaweed flakes

Instructions

1. Place eggs in a pot and cover with cold water by 1 inch. Bring water to a boil, cover pot and turn off heat. Let the eggs cook, covered, for 9 to 12 minutes.
2. Add eggs to a bowl of ice water and chill for 15 minutes to make them easy to peel.
3. Cut eggs in half and spread miso when eggs are cool. Top with optional boosters.

Tips

- For scrambled eggs, mix 1 tablespoon of miso paste with a small amount of softened butter or olive oil and stir into scrambled eggs at the end of cooking.



CHAPTER 01

Miso Mac and Cheese

Serves 4

Ingredients

- 1 box pasta
- 3 Tbsp miso paste
- 4 cloves garlic, minced
- ¼ cup Parmesan cheese
- 1 Tbsp olive oil or butter
- Sea salt and black pepper
- Boosters: hemp seeds, chopped greens, nutritional yeast



Instructions

1. Cook pasta according to package instructions. Once done, reserve 1/2 cup of pasta water before draining the pasta. Set the pasta aside.
2. In a large pan, heat the olive oil or butter over medium heat. Add the garlic and sauté for 1-2 minutes, or until fragrant
3. Add the miso paste to a small bowl, pour in a few tablespoons of reserved pasta water, stirring to dissolve the miso paste and create a smooth sauce.
4. Add the drained pasta, Parmesan, salt and pepper to the pan with the miso sauce. Toss the pasta in the sauce until fully coated. If the sauce is too thick, add a little more pasta water to reach your desired consistency.
5. Top with any boosters or extra Parmesan!

Tips

- Look for pasta with 5 grams of fiber or higher per serving for extra health benefit.
- Swap regular pasta for boxed mac and cheese and omit the parmesan for a quick meal!

CHAPTER
01

Mushroom Leek Miso Pasta

Serves 4

Ingredients

- 1 box pasta
- 3 Tbsp miso paste
- 2 Tbsp nutritional yeast (or Parmesan)
- 1 leek, thinly sliced and thoroughly washed
- 3 cups mixed mushrooms (shitake, button etc), sliced
- 4 cloves garlic, minced
- 1 tsp butter or olive oil
- Juice of ½ lemon
- ¼ - ½ cup pasta water or broth
- Pepper
- Boosters: hemp seeds, chopped greens, chives or parsley

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Instructions

1. Cook pasta according to package instructions. Once done, reserve ½ cup of pasta water before draining the pasta. Set the pasta aside.
2. In a large pan, heat the olive oil over medium heat. Add the minced garlic and sauté for 1-2 minutes, or until fragrant. Remove from the pan and set aside. Add mushrooms, leeks and olive oil to pan and cook 5-7 minutes, stir in cooked garlic, and then remove from pan and set aside.
3. Whisk miso paste, nutritional yeast or parmesan, 1/4 cup of pasta water.
4. Add the drained pasta, miso sauce, butter or olive oil, cooked mushrooms, leek and garlic to pan and warm through. Add the lemon juice and stir, then add more pasta water or broth as needed.
5. Top with pepper, extra Parmesan and any boosters!

CHAPTER 01

Miso Mashed Sweet Potato

Serves 4

Ingredients

- 4 medium sweet potatoes
- 2 Tbsp miso paste
- 2 Tbsp olive oil or butter
- ¼–½ cup broth
- Boosters: microgreens, hemp seeds, kefir, chopped kraut, fermented hot sauce



Instructions

1. Rinse sweet potatoes and keep skins on. Roughly chop potatoes into one inch pieces. Add to a steamer basket over boiling water. Cover and steam for about 15–20 minutes until the sweet potatoes are tender and easily pierced with a fork.
2. Transfer the sweet potatoes to a blender. Add the miso paste, olive oil and broth.
3. Blend on a low setting and gradually increase speed. Add more broth as needed to achieve a creamy, smooth consistency. *Be cautious not to over-blend* as potatoes may become gummy. Season to taste and add any boosters.

Tips

- Add other veggies like steamed parsnip, turnip, cauliflower.
- Try different types of sweet potatoes - Japanese white, purple or different types of orange sweet potatoes.
- Keep the skins on your potatoes as they contain pectin, a beneficial prebiotic for your belly buddies.
- Alternative: steam sweet potato in wedges and spread miso on top like butter!

CHAPTER 01

Miso Hungry Rice and Beans

Serves 4

Ingredients

- 1 ½ cup cooked beans or 1 can of beans (black, kidney, pinto)
- 1 cup long-grain white or brown rice
- 1 ½ cups vegetable or bone broth
- 1 Tbsp tamari or soy sauce
- 1 Tbsp nutritional yeast
- 1 Tbsp miso paste
- 1 small onion, diced
- 2–3 garlic cloves, minced
- 1 Tbsp butter
- Boosters: ½ tsp smoked paprika, cumin, natto

Instructions

1. Combine rice and broth in a pot or rice cooker. Bring to a boil, then cover and reduce heat. Cook until tender (15 minutes for white, 40–45 minutes for brown).
2. Heat olive oil in a skillet over medium heat. Add onion and cook until softened, 5–7 minutes. Add garlic and beans. Stir for 1–2 minutes until fragrant.
3. Add bean mixture to rice and stir in tamari, nutritional yeast and butter until warmed through. Whisk miso with 2 tablespoons water or broth and stir into rice and beans.



CHAPTER 01

Miso Mushrooms
WITH EGGS AND GREENS

Serves 2

Ingredients

- 1 cup mushrooms, sliced
- 1 tsp miso paste
- 1 cup greens, chopped
- 1 Tbsp olive oil or butter
- 2 cloves garlic, minced
- 4 eggs
- Booster: microgreens, sprouts



Instructions

1. Warm pan on medium heat. Add butter or oil and cook garlic until fragrant. Add mushrooms, flipping occasionally for 4-6 minutes. Add in greens and warm through.
2. Whisk 1 tsp water or melted butter with miso paste and mix into mushrooms to incorporate. Remove from pan.
3. Scramble eggs and serve with mushroom and greens.

Tips

- Serve on top of sourdough toast drizzled with olive oil.
- Never rinse mushrooms in water! It makes them soggy when cooking. Use a brush to remove any dirt from mushrooms.
- Yes you can try this with kids! This is a favorite of a 4yo client of mine whose family swapped out packaged snacks and starting integrating more whole foods into meals.

CHAPTER
01

Miso Maple Salmon
WITH GARLICKY GREEN BEANS



Serves 4

Ingredients

Salmon

- 4 salmon fillets
- Olive oil

Green beans

- 2 cups green beans
- 2–3 cloves garlic, minced
- 1–2 Tbsp olive oil
- Salt and pepper to taste
- Boosters: asparagus, broccoli, mushrooms, greens

Miso maple sauce

- 2 Tbsp white or yellow miso paste
- 2 Tbsp maple syrup
- 1 Tbsp tamari or soy sauce
- 1 tsp fresh lemon juice
- 1 clove garlic, grated or crushed

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Instructions

1. Preheat oven to 400°F (200°C). Line a large baking sheet with parchment paper or foil.
2. Lightly oil the salmon fillets and season with salt and pepper. Place them skin-side down on one side of the baking sheet.
3. Prep the green beans - Toss the trimmed beans with olive oil, minced garlic, salt, and pepper. Spread them in a single layer on the other side of the baking sheet.
4. Bake everything together for 12–15 minutes, flipping green beans halfway. Bake until salmon is just cooked through and beans are tender.
5. In a small bowl, whisk together the miso paste, maple syrup, tamari, lemon juice, crushed garlic.
6. Remove from the oven. Spoon the miso maple sauce over the salmon and green beans. Can add a side salad to serve.

Tips

- Use this miso maple sauce on other foods - add to stir fry, fried rice, protein and veggie bowls, spread on sweet potato wedges.

CHAPTER 2

Sauerkraut



CHAPTER 2 Sauerkraut

WHAT IS IT?

Basic: cabbage + salt
Variations: may have beets, fennel, dill, jalapeño, chili, spices

SIMPLE SWAP

Use in recipes calling for **lemon, lime** or **vinegar**

- Smoothies
- Salad dressings
- Mix into guacamole or hummus
- Add to tacos, burgers, rice and beans
- Add to sushi rice instead of vinegar
- Stir into soups or stews

Did you know your tastebuds can adjust to new flavors? It's called flavor stacking! Go low and slow when trying kraut.

FUN FACTS

The word *Kraut* comes from the German word for cabbage, and sauer means 'sour' so it translates in English to 'sour cabbage'.

Hippocrates recommended kraut for it's weight loss properties, Romans used it to prevent gastro infections and sailors used it to prevent scurvy.

CHAPTER
02

Berry Kraut Smoothie



Serves 2

Ingredients

- 1 large banana
- 1 cup strawberries
- 1-3 Tbsp kraut - start low and slow and gradually increase!
- ½ avocado
- 1 Tbsp honey
- 1 cup plant milk (sub 1 cup water + 3 tablespoons yogurt)
- Boosters: hemp seeds, protein powder, nut butter, microgreens

Instructions

1. Blend until smooth.

Tips:

- Using kraut with beets makes the flavors a little sweeter.
- Leftovers? Add to a popsicle or silicon mold. Yes, the probiotic benefits of kraut stay intact when frozen and then thawed!

CHAPTER 02

Happy Belly Guac



Serves 4

Ingredients

- 3 ripe avocados
- 2-3 Tbsp kraut, chopped
- 1 tsp hemp seeds
- 1 clove garlic, grated or crushed
- Salt and pepper to taste
- Boosters: chopped tomatoes or red onion

Instructions

1. Use a fork or small whisk to mash the avocados to your desired texture.
2. Add chopped kraut to the mashed avocado.
3. Stir in hemp seeds, garlic, salt and pepper and any boosters.

Tips

- If making in advance, be sure to cover guacamole well and keep in the fridge to prevent browning.
- Consider waiting to add the garlic until right before serving to maximize health benefits of the allicin in crushed garlic.

CHAPTER 02

Magic Green Sauce

Ingredients

- 1 cup herbs (mix of cilantro, parsley, mint)
- ½ avocado
- ⅓ cup olive oil
- 1 Tbsp kraut
- 1 tsp maple syrup
- 1 clove garlic, grated or crushed
- ½ tsp salt
- Boosters: hemp seeds, jalapeño

Instructions

1. Pick leaves off of herbs and discard stems.
2. Add ingredients to food processor and blend until smooth. Can add water or extra olive oil to thin out. Keeps in fridge for one week.

Tips

- Use as a salad dressing, add to veggies or proteins.
- Use as a dip for veggies! Kids are 10% more likely to enjoy a veggie with a dip.



CHAPTER
02

Sweet Potato Bean Tacos

Serves 4

Ingredients

- 2 cups sweet potatoes, cut into 1/4-inch cubes
- 1 can beans (black bean or pinto)
- 1 avocado, sliced
- ¼ cup kraut
- Corn tortillas
- 2 garlic cloves, minced
- 2 Tbsp olive oil, salt
- Boosters: pumpkin seeds, cilantro, lime, salsa, goat cheese

Instructions

1. Preheat oven to 400°F. On a baking sheet, toss sweet potato with olive oil, and salt. Roast for 25–30 minutes, flipping halfway. Alternatively, steam sweet potato cubes.
2. Sautè garlic in pan with olive oil until fragrant, add beans and salt to warm through. Warm tortillas in pan.
3. Add beans, sweet potato, avocado slices, kraut to tacos.

Variations

- Scrambled eggs + beans + sliced radish + kraut
- Black beans + plantains + sour cream + kraut



CHAPTER 02

Peach Portobello Burgers

Serves 4

Ingredients

- 4 portobello mushrooms
- 2 peaches or nectarines
- 1-2 avocados
- ¼ cup kraut
- 4 burger buns
- 2 cloves garlic, minced
- Olive oil
- Salt and pepper
- Boosters: microgreens, tomato slices, thyme, oregano



Instructions

1. Cut stems off of portobellos. Cut peaches into large slices.
2. Mix 4 tablespoons of olive oil with garlic, salt, pepper and herbs. Drizzle over the portobellos and peaches.
3. Grill or pan sear portobellos and peaches 3-4 minutes on each side until cooked through.
4. Mash avocado with salt and pepper, stir in kraut.
5. Assemble burgers with avocado mash, portobellos and grilled peaches.

Variations

- Use lettuce wraps instead of buns.
- Swap peaches for roasted bell pepper, fried leeks, red onions.
- Get saucy! Add a drizzle of pesto, chimichurri, magic green sauce (page 28) or hot sauce.

CHAPTER 3

Kefir



CHAPTER 3 Kefir

WHAT IS IT?

Kefir - a fermented milk drink made by adding kefir grains (a mix of bacteria and yeast) to liquids. The most common type is milk kefir, but coconut milk or water kefir are also available.

Why choose kefir over yogurt?

- kefir has a larger variety and quantity of bacteria to support microbiome diversity
- often lower in lactose, so easier for some to digest

SIMPLE SWAP

Use in place of **yogurt, mayonnaise**, **sour cream** or **milk** in some recipes.

FUN FACTS

Kefir has been enjoyed for thousands of years. It originated in the Caucasus Mountains between Europe and Asia when nomads noticed milk in their pouches became 'foamy'. It's sometimes called the "drink of the gods" because of its health benefits.

The word "kefir" is thought to come from the Turkish word "keyif", meaning "good feeling" or "pleasure".
Kefir boosts beneficial gut bacteria that produce GABA, a neurotransmitter that helps to supports mood and reduces anxiety.

CHAPTER 03

Seasonal Fruit

WITH KEFIR DRIZZLE

APPLE PEAR SAUCE

Ingredients

- 4 apples, chopped
- 4 pears, chopped
- ½ tsp vanilla extract
- 2 tsp honey
- Kefir to drizzle
- Boosters: lemon zest, pumpkin pie spice, cinnamon, cloves

STRAWBERRY RHUBARB COMPOTE

Ingredients

- 2 cups strawberries, chopped
- 2 stalks of rhubarb, chopped
- ½ tsp vanilla extract
- 2 tsp honey
- Kefir to drizzle
- Boosters: lemon or orange zest, nutmeg

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Instructions

1. Chop fruit into small pieces.
2. Add to pan with a splash of water and vanilla. Simmer on low, 10 minutes or until soft. Stir in honey.
3. Optional: puree for a smooth sauce or keep fruit pieces whole.
4. Add fruit into two bowls and drizzle kefir on top. Add any additional boosters.

Tips

- Serve sauce warm in cooler months for a grounding breakfast or snack. Can also add to oatmeal!
- Cook a double batch and freeze the extra.
- Citrus zest contains pectin, a beneficial prebiotic to nourish your belly buddies.
- Spices like cinnamon and cloves are gentle antimicrobials that help keep out inflammatory gut bacteria.

CHAPTER 03

Kefir Smoothies

All recipes serves 2



CHOCOLATE VELVET

- 1 cup frozen cherries or mixed berries
- ½ ripe avocado
- 2 Tbsp cacao powder
- ½ cup kefir
- 2 teaspoons hemp seeds
- Boosters: greens

BEET BERRY BLISS

- 1 small raw beet, peeled and diced
- 1 cup frozen raspberries
- 2 cups spinach, kale or microgreens
- 2 dates, soaked in warm water
- ½ cup kefir
- Boosters: lemon zest, greens, protein powder

BLUEBERRY CAULIFLOWER

- ¾ cup frozen blueberries
- 1 cup frozen cauliflower
- ½ banana
- ½ cup kefir
- Boosters: greens, cinnamon, nut butter

Instructions

1. Blend and enjoy! For leftovers, consider freezing into popsicles or smoothie bites using silicon molds.

CHAPTER 03

Berry Kefir Chia Pudding



Serves 2

Ingredients

- 1 cup mixed berries
- 1 cup kefir
- 3 Tbsp chia seeds
- ½ tsp vanilla extract
- 1 tsp honey or maple syrup
- Boosters: lemon or orange zest, flaxmeal, coconut flakes, nuts or hemp seeds

Instructions

1. Whisk kefir, chia seeds, vanilla, honey and any boosters in a bowl until incorporated. Stir in mixed berries.
2. Let set in fridge for 4-6 hours or overnight. Top with fresh berries and any extra boosters.

Seasonal variations

- *Raspberry peach lemon zest:* top plain chia with raspberries, peaches or nectarine slices and lemon zest
- *Chai spice + nuts:* ½ tsp ground cinnamon, ½ tsp ground ginger, pinch of cloves, chopped pecans, walnuts or slivered almonds
- *Apple cinnamon*: 1 cup apple sauce or apple compote and 1 tsp cinnamon stirred into chia

CHAPTER 03

Chocolate Kefir Mousse

Ingredients

- 1 avocado
- 6 Tbsp plain milk kefir
- 2 Tbsp cacao powder
- 3 Tbsp maple syrup or honey
- 1 tsp vanilla extract

Instructions

1. Blend or whisk until smooth.

Tips

- Serve as a dip for strawberries, apples, pears. Top pancakes or waffles.
- Enjoy as a mouse topped with fresh berries, mint, granola, nuts or seeds.
- Be sure to use *cacao powder*, not cocoa powder. Cacao is unroasted, unprocessed cacao beans and has higher antioxidants and micronutrients. Polyphenols in cacao nourish anti-inflammatory bacteria!



CHAPTER 03

Kefir Dips

CUCUMBER KEFIR RAITA

Ingredients

- ¾ cup kefir
- ½ clove of garlic, grated or crushed
- 2 tsp minced mint leaves
- Zest and juice of ½ lemon
- ½ cucumber, peeled and finely chopped
- Sea salt and fresh pepper
- Booster: 2 tsp minced cilantro



KEFIR RANCH DIP

Ingredients

- ¾ cup kefir
- ½ avocado
- 2 Tbsp lemon juice
- 1 garlic clove, grated or crushed
- ½ tsp salt
- ½ tsp pepper
- 2 Tbsp fresh herbs (parsley, chives, dill)
- Swap: Use dried herbs instead of fresh (1 tsp dried chives, 1 1tsp dried parsley)

Instructions

1. Mix together ingredients and enjoy - use as a dip for veggies, drizzle over chicken or fish, add to salads or protein and veggie bowls.

CHAPTER 4

Kimchi



CHAPTER 4

Kimchi

WHAT IS IT?

salted and fermented Napa cabbage
can include: chili, onions, ginger, garlic, fish sauce, daikon radish, green onion or other veggies

SIMPLE SWAP:

Use in any recipe calling for **hot sauce**, **salsa** or **chili flakes**

FUN FACTS

South Korean kimchi tends to be spicier and contains chili.

White kimchi or 'North Korean' kimchi tends to be milder and made with less spice.

Kimchi is a great food for babies and can be introduced as early as 6 months! Finely chop and add into foods like porridge, mashed veggies or serve plain. You can rinse lightly in water to reduce spiciness. Early exposure to a wide variety of flavors helps develop a child's palate early in life!

CHAPTER 04

Creamy Kimchi Dip

Ingredients

- 1 cup cottage cheese
- 1 medium avocado
- 2-4 Tbsp kimchi
- Pepper
- Boosters: spring onion or chives, chopped for garnish

Instructions

1. Blend cottage cheese, avocado, kimchi and black pepper. Top with chopped spring onions or chives.

Tips

- Use as a dip for veggies, crackers, chips.
- Spread on top of toast with scrambled or poached eggs.
- Use on top of tacos, proteins, veggie bowls.
- Experiment with different types of kimchis. A spring onion kimchi was used in this recipe for a lighter onion flavor.



CHAPTER 04

Garlicky Kimchi Brussels Sprouts

Serves 4

Ingredients

- 2 cups Brussels sprouts, shredded or finely chopped
- 1-2 Tbsp kimchi, chopped
- 1 garlic clove, minced
- Olive oil
- Booster: chopped greens, sliced pears

Instructions

1. Warm pan on medium heat. Add olive and sautè Brussels sprouts and garlic until cooked through about 5-7 minutes. Stir in kimchi before serving.

Tips

- Serve on top of mashed cauliflower or mashed sweet potatoes.
- Pairs well with beans, fish, chicken or steak and served along with rice or noodles.



CHAPTER 04

Kimchi Fried Rice

Serves 4

Ingredients

- 1 ½ cups cooked rice
- ½ cup cauliflower rice
- 2 cups finely diced veggies (broccoli, mushrooms, carrots)
- 2 cloves garlic, minced
- 2 Tbsp kimchi, chopped
- 1 Tbsp tamari or soy sauce
- Protein: 2 cups diced chicken, steak or tofu
- Olive oil
- Optional: 1 tsp coconut aminos

Instructions

1. Warm pan on medium high heat. Add olive oil and sautè garlic and chopped veggies and cook until tender. Add rice and cauliflower rice, tamari and optional coconut aminos. Cook another 2-3 minutes. Stir in chopped kimchi.

Tips

- If possible, use day old rice for best texture.
- Substitute frozen rice or frozen veggies for a quick meal.



CHAPTER 04

Kimchi Quesadilla



Serves 2

Ingredients

- 4 tortillas (cassava, corn, wheat etc)
- ½ cup shredded mozzarella, Monterey jack or plant-based cheese
- 2 Tbsp kimchi, chopped finely
- Chopped greens (collards, kale, spinach, microgreens)
- Boosters: tofu, chicken, steak

Instructions

1. Warm pan on medium heat and sautè greens (unless using microgreens, keep those raw). Remove greens from pan.
2. Warm tortilla with cheese until melted. Remove from the pan. Add in sautéed greens, chopped kimchi and any proteins.

Tips

- Kimchi pairs well with cheese! Add to grilled cheese, top on pizza. Remember to add at end of cooking to preserve full probiotic benefits.

CHAPTER 5 Beverages



CHAPTER 5 Beverages

WHAT IS IT?

Kombucha - Fermented tea, cane sugar, bacteria and yeast. Strong, sour flavor.

Jun/June- Similar to kombucha, but fermented with honey instead of cane sugar. Called the 'champagne of kombucha'.

Kvass - Fermented fruit, salt and water. Traditionally made with beets, but more varieties now available in stores.

Water Kefir (Agua de kefir) - dairy and caffeine free, made from water kefir crystals. Can be found in stores like Target, Trader Joes and many grocery stores.

Tepache - Mexican soda made from fermented fruit and sugar, caffeine free. Traditionally made from pineapple, but the brand 'Tepache' has multiple flavors.

SIMPLE SWAP:

Instead of **soda**, **alcohol**, **sweetened beverages**

FUN FACTS

Store bought fermented drinks contain small amounts of alcohol (less than .5% ABV), making them legally non-alcoholic. Homemade ferments often contain higher amounts (.5 to 2% ABV)

Some brands of kombucha or tepache contain higher alcohol content. For best health benefits, consider non-alcoholic ferments.

CHAPTER 05

Golden Milk Kefir



Serves 2

Ingredients

- 1 cup plain milk kefir
- 1 tsp honey or yacon syrup
- 1 tsp ground turmeric (or ½ tsp freshly grated)
- ¼ tsp black pepper
- Boosters: ¼ inch grated ginger, ¼ tsp cardamom, hemp seeds, flaxmeal

Instructions

1. Whisk ingredients until incorporated.

Tips

- Make a warm version of this by heating ½ tsp coconut oil in a pan and add spices to warm through. Turn off heat and stir in honey and kefir to warm through.
- Yacon syrup is made from the yacon root and tastes similar to maple syrup! It has prebiotics to support your gut health.

CHAPTER 05

Sparkling Tonics



Each recipe serves 2

BASIC SPRITZER

- 1 cup fermented drink (kombucha, jun, agua de kefir, kvass)
- ½ - 1 cup sparkling water
- Handful of frozen berries

PINEAPPLE BLACKBERRY TEPACHE

- 1 cup pineapple tepache
- 1 cup sparkling water
- ¼ cup frozen or fresh blackberries, mashed
- Mint garnish

Tips

- Adding sparkling water to a fermented beverage is a great way to cut down on the sugar.
- A great alternative to alcohol, these drinks support your gut with probiotics, unlike alcohol, which fuels inflammation, disrupts sleep and hormones, and lowers beneficial gut bacteria.



COCONUT KVASS CAPRIHINA

- 1 cup kvass
- 1 cup coconut water
- Juice of one lime
- 1 tsp honey
- Mint

Tips:

- Most traditional kvass is made with beets. The brand Biotic makes various tropical fruit flavors that are super tasty!

CHAPTER
05

Pomegranate Sangria Mocktail

Serves 6

Ingredients

- 2 cups pomegranate juice
- 1 cup orange juice
- 2 cups kombucha (ginger or fruity flavor)
- 1 cup sparkling water
- 1 orange, sliced
- 2 small apples, chopped

Instructions

1. Add pomegranate juice, orange juice and fruits to pitcher and allow to chill in fridge a couple of hours or overnight.
2. When ready to serve, add kombucha and sparkling water.

Fruit variations

- *Summer*: berries, plums or peaches
- *Fall*: oranges + warming spices (1 whole cinnamon stick, 5 cloves)



Online Product Recommendations

Wise Goat ORGANICS

Diverse variety of fermented foods: kraut and kimchi in unique flavors, kvass, salsa, relish, gut tonics and other health foods.

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