

# Love Your Gut Powder

Recipe eBook



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# What is Love Your Gut Powder?

*"I use it everyday, twice a day."* Lee Holmes

Thanks for purchasing my **Love Your Gut Powder**. As you might already know, I'm a raving fan of the powder and I love sharing it with people and hearing their experiences and successes with it. The response has been truly amazing and I'm so glad it's working for people.

I've taken diatomaceous earth (d earth) every day for over 5 years on advice from my naturopath. For me, it helps with bloating, weight management, gut cleansing, energy levels and regularity.

I researched sources of diatomaceous earth for the first 2 years of taking the powder. There are a number of levels of quality and consistency even for food-grade d earth. I liken it to salt – there's pool salt which is not for consumption, all the way up to finest Celtic sea salt which has many health benefits. I eventually found an exclusive source from the USA that is both food and naturopathic-grade, organic and pure. My LYG powder is the highest-grade available on the planet.

A clean gut is an efficient gut. With a healthy gut your digestion and nutrient absorption improves noticeably.

LYG powder cleans out an accumulated build-up of waste, toxins, metals and mucous in the digestive tract. Like brushing your teeth, if you don't clean them regularly, plaque builds-up. It's the same with your digestive walls and intestines. We can be carrying between 1-3kgs of excess waste at one time. Plus we are more bacteria than we are human!



## It's A Whole Food.

The powder is actually a food, not a medication. It is fossilized mineral remains of fresh water algae which means it's vegan, gluten-free, dairy-free, sugar-free and all-around a fantastic food source for you.

I like to have it first thing in the morning with a glass of water for a supercharged-digestive kick-start or pour it in my bottle and sip throughout the morning. It's also great with your favorite supplement or green powder. It's important to drink lots of water when having the powder as it acts as a detoxifier. Because it's high in absorbable iron having it with orange juice is a great way to enjoy it as well.



# The Magic Of Minerals.

With over-processed foods making up the majority of our diets, and the state of our depleted soils, now more than ever we need to find new natural sources of minerals. In finding d earth I've done all of the hard work for you. My **Love Your Gut Powder** contains up to 90% silica which can help strengthen and soften skin, improve hair and harden nails. There's also an additional 15 other terrific trace elements, including calcium, magnesium and potassium.

The powder has a pH of 8 which helps to create a healthy alkaline environment in your body. By balancing out your pH levels, you will be on your way to becoming the best and most beaming you there is.

Need to reduce your blood pressure? The powder is low in sodium – helping to bring that blood pressure down. High blood pressure can lead to a myriad of unwanted diseases, so it's important to keep it at bay.

The **Love Your Gut Powder** is even high in absorbable iron, which can be hard to find in plant-foods. Iron supports tiredness and fatigue, assists in healthy cell division and supports cognitive function. Unlike many supplements, the **LYG powder** won't make you feel constipated or bloated. Ready for some gut loving recipes? Read on for my favorite recipes using the powder.



# Happy Gut Banana & Mango Smoothie.

I love this smoothie because it tastes delicious, is super simple to make and keeps me energised all morning.



Serves: 1

## Ingredients

- 1 frozen banana
- ½ cup frozen mango chunks
- 1 cup almond milk or milk of choice
- 1 TSP **LYG powder**
- 1/2 teaspoon vanilla powder or extract
- Pinch **cinnamon**
- Pinch **nutmeg**
- 1/2 TSP **turmeric**

## Directions

1. Blitz together and enjoy.

## Supercharged Tip

I love to add cinnamon, nutmeg and turmeric but you can add whatever spices you like.

# Avocado Lassi.

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This delicious Indian-inspired drink makes for a creamy breakfast, afternoon pick-me-up or dessert.



Serves: 1



## Ingredients

- 1 small avocado
- 1 cup ice cubes or crushed ice
- 60 ml (2 fl oz/ ¼ cup) coconut water
- 1 TSP **LYG powder**
- 60 ml (2 fl oz/ ¼) milk
- Liquid **stevia** or powder to taste

## Directions

1. Pour all the ingredients in a blender.
2. Pulse to break up the ice and then blend until smooth.

## Supercharged Tip

If the mixture is too thick, add a little more coconut milk.

# Iced Gutcha Latte.

There's nothing I love more than sipping on a nutritious iced Matcha latte. Matcha is antioxidant-rich and in combination with my powder, can even boost your metabolism.



Serves: 1

## Ingredients

- 1 TSP **LYG powder**
- 1 TSP matcha green tea powder
- 1 TBSP **rice malt syrup**
- 1 cup milk of choice 2

## Directions

1. In a cup or glass jar, add 1 TBSP water to matcha and LYG powder. Stir to ensure there are no clumps.
2. Add milk and screw on the jar lid. Shake vigorously until mixed.
3. Pour into a glass over ice.

## Supercharged Tip

In need of a pick-me-up? My Iced Gutcha latte will give you a better energy kick than your regular latte.

# Gutmeal (Oatmeal With A Gut Healing Twist).

There's something so nourishing about starting a cold day with a spoon of porridge.

This is a winning gut-loving breakfast that your insides will love you for!



Serves: 1

## Ingredients

- 1 TBSP **LYG powder**
- ½ cup of water
- ¼ cup of gluten-free oats
- Pinch of **Celtic or Himalayan sea salt**
- Pinch of **cinnamon**
- 1/3 cup of mixed berries
- ¼ cup of coconut milk
- Handful chopped mint

## Directions

1. Cook oats in water.
2. Add sea salt and cinnamon.
3. When cooked, stir in the LYG powder.
4. Add milk and remove any lumps by stirring through.
5. Top with berries and torn mint.

## Supercharged Tip

Gutmeal is perfect for providing your gastro-intestinal tract some relief and lowering your cholesterol.

# Gut Healing Pancakes.

Pancakes perfect for the whole family!



Serves: 4

## Ingredients

- 100g almond meal
- 1 TBSP **LYG powder**
- 2 TBSP **rice malt syrup**, plus extra to serve
- ½ TSP **Celtic or Himalayan sea salt**
- 4 eggs, lightly beaten
- Grated zest of 1 lemon
- 1 TSP of alcohol-free vanilla extract
- 125 ml (4 fl oz/ ½ cup) milk of choice
- 1 TBSP **coconut oil** or butter
- 125 g (4 ½ oz/1 cup) mixed berries to serve (optional)

## Directions

1. Place almond meal, LYG powder, rice malt syrup, salt, eggs, lemon zest and vanilla in a medium bowl and whisk to combine. Gradually pour in milk, whisking until smooth.
2. Heat oil or butter in a frying pan until melted or brush the pan evenly to coat the surface.
3. Scoop or pour the batter into the pan to form pancakes to your liking.
4. Cook the pancakes for about 1-2 minutes, until small bubbles appear on the surface and undersides are nicely browned.
5. Flip the pancakes over and cook until the second sides are nicely browned, another minute or so.
6. Transfer to a plate until all the batter is used and top with all your favourites.

## Supercharged Tip

These babies can be whipped up on a Sunday and wrapped up to enjoy them the whole week.

# Chia Pleasure Pudding.

This breakfast will bring you chia pleasure. It's so easy to make and requires no morning effort – phew.



Serves: 1



## Ingredients

- 1 TBSP chia seeds
- 1 TBSP **LYG powder**
- ½ cup milk of choice

## Directions

1. Mix LYG powder and chia seeds together in a small bowl or jar and then add the milk and stir.
2. Cover and place in the fridge overnight to allow chia seeds to expand.
3. In the morning, mix your pudding and top with your favourite fruity toppings.

## Supercharged Tip

Some people report bloating and gut issues after eating chia, if this sounds like you, start small and ensure they are soaked beforehand.

# Banana-cado Bread.

This beautiful banana bread is as sweet and delicious as the supermarket variety – just without the nasties.



Serves: 2

## Ingredients

- 2 cups almond meal
- 3 TBSP **LYG powder**
- 1 TSP GF baking powder
- 1/4 TSP baking soda
- 3 large overripe bananas
- 1/2 a large avocado OR 3/4 of a small one
- 3 eggs
- 2 - 4 TBSP **rice malt syrup** (depending on how sweet you like it, the overripe bananas already provide lots of sweetness)

## Directions

1. Blend banana and avocado in a blender, or mash with a fork if you like a more rustic chunky bread.
2. Add in eggs and rice malt and mix well.
3. In a separate bowl combine all dry ingredients, and stir into the wet ingredients.
4. Pour into a loaf tin lined with baking paper.
5. Bake for 55 - 60 minutes at 160C.

## Supercharged Tip

Because this bread is already sweet from the beauty of bananas, it's relatively low in natural sugars.

# Summer Popsicles.

It never ceases to amaze me how these popsicles bring delight to every child and adult. I like to keep a few variations in the freezer for everyone to enjoy.



Serves: 6-8

## Ingredients

- 2 cans of organic **coconut milk**
- Seeds of one vanilla bean (or alcohol free vanilla/ vanilla powder)
- 2 TBSP **LYG powder**
- 10 drops of **stevia** (or to taste)
- Chocolate: 1 TSP of **cacao powder**
- Mango macadamia: mango chunks and macadamias
- Strawberries and cream: handful of strawberries

## Directions

1. Blend all the ingredients into a blender.
2. Pour into popsicle mould and leave in freezer for 3-4 hours.

**For Chocolate:** Add 1 TSP of cacao powder to the mix before blending.

**For Mango Macadamia:** Blend in mango chunks and scatter whole macadamias into the mould.

**For Strawberries and Cream:** Blend in chopped strawberries.

## Supercharged Tip

These are best eaten at the time – don't leave them in the freezer for more than a few days.

# Turmeric Fudge.

Turmeric Turmeric Turmeric. This delightful aromatic spice can do no wrong. These fudgy pieces are delectable and so easy to make.



Serves: 2

## Ingredients

- 1/2 cup **tahini**
- 1/3 cup **rice malt syrup**
- 1/4 cup **coconut oil**, melted
- 2 TBSP **LYG powder**
- 2 TSP **turmeric**
- 1 TSP **ginger**

## Directions

1. Stir all ingredients in a bowl, pour into a small lined baking dish, set in the fridge for an hour and cut into slices.

## Supercharged Tip

If you don't want to use tahini, almond or cashew butter are delicious too.

# Tummy Loving Bliss Balls.

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These are perfect snacks for when you're on the run.



Makes: 12



## Ingredients

- 1 TBSP **LYG powder**
- ½ cup almond meal
- 5 TBSP **almond nut butter**
- ½ cup **tahini**
- 8 drops liquid **stevia**
- 1 cup chopped nuts of choice
- ½ cup coconut flakes
- ¼ cup **sesame seeds** plus extra for coating
- Chocolate: TSP **cacao**
- Anti-inflammatory: 1 TSP **turmeric**, 1 TSP **cinnamon** and ½ TSP **ginger**

## Directions

1. Place almond meal, LYG powder, coconut flakes and nuts into food processor and mix.
2. Add stevia, almond nut butter and tahini and continue to mix until combined.
3. Chill the dough in the freezer for 30 minutes.
4. Remove and roll into balls on a flat tray.
5. Place extra sesame seeds in a bowl and roll balls to coat the surface.
6. Refrigerate and enjoy.
7. Chocolate version: Add in a TSP of cacao to the base mixture.
8. Anti-inflammatory: Add 1 TSP turmeric, 1 STP cinnamon and ½ TSP ginger to base mixture.

## Supercharged Tip

You can make a big batch and keep a few of these in the freezer for later.

# No Bloat Oat Cookies.

I'm sure you'll all agree that here's nothing quite as wistfully wonderful and terrifically tasty as cookies that have just been airlifted out of the oven.



Makes: 12

## Ingredients

- 1 TBSP **LYG powder**
- 2 large bananas
- 1 cup (80g) of oats
- 1 TBS **coconut sugar** or sweetener of choice
- Pinch of **Celtic or Himalayan sea salt**
- 2 TBSP shredded coconut
- 1 TBSP **cacao nibs**

## Directions

1. Pre-heat the oven to 180 °C/356F ° and line a baking tray with baking paper.
2. Mash the bananas and LYG powder in a bowl and mix until combined.
3. Stir in oats and coconut sugar.
4. Add in the sea salt, shredded coconut and cacao nibs.
5. Spoon 1 tablespoon of each mixture into the lined baking sheet.
6. Smooth with a back of a spoon.
7. Bake for 10-12 minutes.
8. Remove from the oven and let cool.

## Supercharged Tip

These are perfect for an after-school snack or when they've-gone-to-school-snack.

# Coconut Yo-Gut.

Have you ever wanted to recreate that deliciously smooth soft-serve frozen yoghurt without all the nasties? Now is your chance.



Serves: 2

## Ingredients

- 1 TBSP **LYG powder**
- 1 cup coconut yoghurt (chilled)
- 1 TSP vanilla extract or vanilla bean paste
- Pinch **cinnamon**
- 1 cup frozen raspberries
- Edible flowers to decorate

## Directions

1. Place all ingredients in a blender until smooth.
2. Scoop into bowl and place in freezer for 15 minutes to firm up.
3. Remove from freezer, top with berries and decorate with flowers.

## Supercharged Tip

Coconut yoghurt contains bacteria which has a probiotic effect on the body. Probiotics help boost our immune system and improve digestion.

# Gut Health.

## Why Do We Care About Gut Health?

The gut is the epicenter to our health. It acts as a gateway to the immune system and brain. The gut is often the entry point of pathogens meaning it needs to be thriving to avoid illness.



## A Happy Gut = A Happy Self.

The gut also has neurons that produce serotonin – the happy hormone. There are proven scientific links between poor gut health and mental illness. Looking after your gut will let you live a happier and healthier lifestyle.



## Interested In Healing Your Gut More? Look No Further.

Incorporating my [Love Your Gut powder](#) is a great start to improving your gut health AND the rest of your life. If you want to get to the core of the issue, be sure to check out my book [Heal Your Gut](#), as well as my [four-week program](#) and [two-day a week](#) gut healing program.





# Did You Know?

The Diatomaceous Earth in the powder is filled with negative ions, making it a major positive for your gut and skin. Negative ions act like a magnet, attracting dirt, oils and bacteria and clearing your body and skin of them and leaving you purely positive. On the skin, diatomaceous earth is able to remove microscopic surface and deep pore deposits of dirt, oils, and dead skin cells without causing irritation.



My **Supercharged Food Earth Mask & Scrub** is additionally made with diatomaceous earth, as well as Volcamin from Lightning Ridge. It can be used as an exfoliator or face mask to gently remove dirt, dead skin cells, makeup, and pore-clogging environmental toxins.

# For More.



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