

Fun with Legumes: Super Foods for Happy Gut Buddies!

Hey there, little gut buddy! Do you want to learn about some super cool foods that are not only yummy but also good for your tummy? Let's talk about legumes!

What Are Legumes?

Legumes are magical seeds that grow inside pods. They are like tiny power packs of goodness. Some common legumes you might know are beans, peas, and lentils. They're like little superheroes for your body!

Why Are Legumes Super?

- Packed with Protein: They have lots of protein to make you strong.
- Full of Fiber: Fiber helps you have happy and healthy poops!
- Loaded with Nutrients: They have vitamins and minerals that keep you energized and healthy.

Fun Fact: Two Food Groups in One! Legumes are so amazing that they belong to two food groups:

- Vegetables: Because they are plants.
- Proteins: Because they help build muscles.

Just half a cup of cooked legumes counts as a serving of veggies, and one cup counts as a serving of protein!

Easy and Cheap to Eat!

You can buy legumes dried or canned. Canned ones are super quick and ready to eat after a rinse. Dried ones need to be soaked overnight but are fun to cook with your Whanau.

So, next time you're looking for something delicious and healthy, ask for legumes! They'll make your gut buddies and your taste buds super happy!

Meet the Legume Superstars!

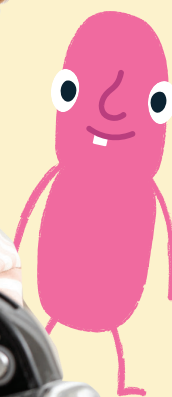
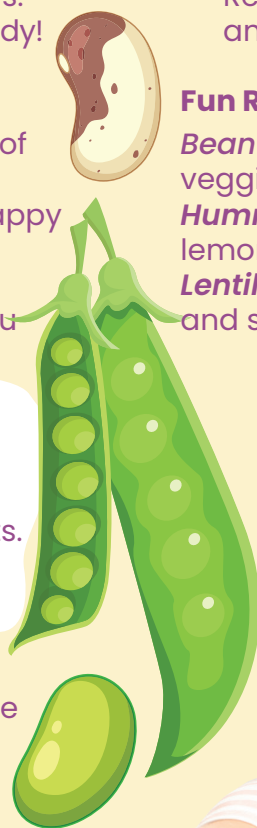
- White Beans: Creamy and perfect for soups, salads, and baked beans.
- Black Beans: Yummy and great for tacos and chili.
- Chickpeas: Super versatile! You can make hummus or roast them for a crunchy snack.
- Lentils: Cook super fast and are awesome in soups and curries.
- Red Kidney Beans: Look like tiny kidneys and are delicious in chili and salads.

Fun Recipes to Try!

Bean Salad: Mix different beans with veggies and a yummy dressing.

Hummus: Blend chickpeas with a bit of lemon and garlic for a tasty dip.

Lentil Soup: Cook lentils with carrots, celery, and some spices for a cozy meal.



Oats / Apples



Rich in Fibre and Vitamins



Rich in fibre, protein, and antioxidants, oats contain a wide range of vitamins and minerals that promote a happy and healthy gut.

Soaking your oats overnight helps to break the starches down and reduce phytic acid. That means it's easier to digest and to absorb the oats' nutrients more efficiently. Resistant starch is a natural carb that helps with things like digestion, weight loss, and increasing feelings of fullness. Luckily, cooled starchy foods (like overnight oats) have a higher amount of resistant starch compared to cooked ones.

Apples are filled with immune-boosting vitamin C and contain 20% of your daily fibre.

Apples contain pectin, a type of fibre that acts as a prebiotic. This means it feeds your gut microbiota, which is the good bacteria in your gut. Since dietary fibre cannot be digested, pectin reaches your colon intact, promoting the growth of good bacteria. It especially improves the ratio of Bacteroidetes to Firmicutes, the two main types of bacteria in your gut.

Stewed Apples have amazing gut healing properties thanks to a type of fibre called pectin found in the skin. It is released during the stewing process and can help maintain and repair the intestinal mucosa lining.

Overnight Oats

Ingredients

- 1/3 cup (40g) Rolled Oats
- 1/2 tsp Cinnamon
- 1/2 Apple grated
- 1/4 cup Greek yoghurt
- 1/2 tbsp Chia Seeds (optional)
- 1/4 tsp Dried ginger
- 1/2 cup Milk

Steps

Add oats, chia seeds, cinnamon to a glass jar / Tupperware container / bowl and stir to combine.

Add the grated apple and a splash of the milk. Stir to fully combine. Add the remaining milk & yogurt, stir, cover and refrigerate overnight (or for a minimum of 4 hours).

Uncover and enjoy from the container/bowl the next day. Thin with a little more milk if desired and add toppings of choice.

Baked Apple Cinnamon Oatmeal Cups

Ingredients

- 1 and 1/2 cups (360ml) milk (dairy or non-dairy)
- 1/2 cup (120ml) honey
- 1/2 cup (120g) apple puree
(you can puree your stewed apples)
- 3 cups (240g) old-fashioned rolled oats
- 1 teaspoon baking powder
- 1 and 1/2 teaspoons ground cinnamon
- 1/2 teaspoon pure vanilla extract
- 1 heaping cup peeled chopped apple
- optional: 1/2 cup (50g) chopped walnuts
- 2 large eggs
- 1/4 teaspoon salt
- 1/4 teaspoon ground nutmeg

Steps

Preheat oven to 180C Grease a muffin pan with butter or oil. Whisk all of the ingredients together, except for the apples (and nuts), in 1 large bowl. Using a spoon or rubber spatula, fold in the apples and nuts (if using).

Batter will be a little liquid-y. Spoon batter evenly into muffin cups, making sure both the oats/apples and liquid are in each. Fill all the way to the top.

Bake for 25-30 minutes or until the edges are lightly browned and top appears set. If the tops appear to brown very quickly, tent a piece of aluminium foil on top.

Cool for 5 minutes before serving. Cover leftover oatmeal cups tightly and refrigerate for up to 1 week.