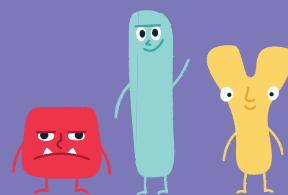


Feed the Team!

Competition



The Gut Foundation is bringing you World Microbiome Day NZ 2022! We want you to be a high-performance coach and “Feed the Team” that live in your Gut!

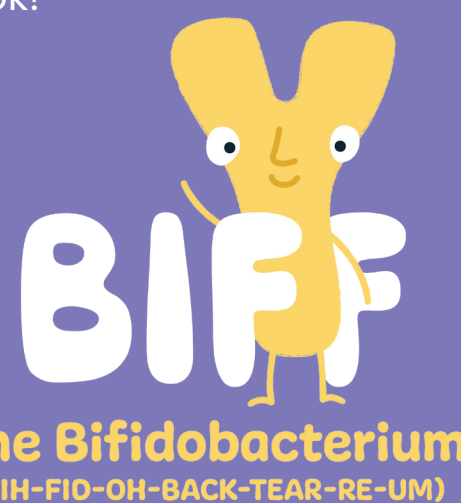
Our teammates Bif, Roz and Pat are back, and this year they are joined on the team by Lacy and Bax, along with one of our support staff Obi!

They want you to cook them up some yummy kai to keep them healthy and strong! Recreate one of the recipes below with some help from your whanau (or put your own spin on something gut friendly!), post a photo to the Gut Foundation Facebook Page along with your name and the hashtag #feedtheteam and go in the draw to win some awesome prizes. If you are creating your own gut healthy recipe, don't forget to also post the ingredients!

First prize: Flights and a day at Pic's Peanut Butter World (including lunch) for one child and their guardian. A \$100 prezzy card from SBS Bank, a big plush Rolly dog toy from Purex and a copy of the Gut Garden book!

2 x Runner up prize packs: Filled with a whole heap of goodies supplied by our sponsors Purex, SBS Bank, Vogel's, Pic's & the Two Raw Sisters!

Terms & Conditions apply – see over page



Apple cinnamon baked oatmeal

Ingredients

- 2 ¾ cups old fashioned rolled oats (285 g)
- 1 ½ teaspoons ground cinnamon
- 1 teaspoons baking powder
- 1/4 teaspoon fine salt
- 1/4 cup maple syrup or honey (70 g)
- ½ cup apple puree (115g)
- 2 whole eggs (110 g)
- 1 ¼ cups milk of choice (300 g)
- ¼ cup melted unsalted butter or coconut oil (60 g)
- 1 teaspoon vanilla extract
- 1 cup shredded apple or finely diced, more for topping (115g)
- ¼ cup chopped walnuts, toasted (35 g) optional

Instructions

Preheat the oven to 180C . Butter a 9×9 or 8×8-inch baking dish.

In a bowl, combine the old-fashioned rolled oats, cinnamon, baking powder, fine salt, maple syrup, apple puree, eggs, milk, butter, and vanilla. Stir until combined.

Fold in the apples and toasted walnuts

Transfer batter to the prepared dish. Top with a few chopped toasted walnuts.

Bake for 30–35 minutes or until the centre is set.

Let sit for 10 minutes before serving.

Top servings with thick Greek yogurt



Pumpkin Pie Smoothie

Ingredients

- 1 frozen banana
- ½ cup Greek yogurt
- 1/2 cup pumpkin puree
- 1/2 cup milk of your choice
- 1 tablespoon almond, pecan or peanut butter
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- pinch each of nutmeg, ginger & allspice
- Honey to taste if you need sweetness
- 1 teaspoon chia/hemp seeds (optional)

Instructions

Add all ingredients to a blender and blend until smooth. Serves 1

Caramelised Banana, PB & Choc

Recipe by the Two Raw Sisters

Ingredients

- 4 slices of Vogel's Digestive Wellbeing Toast
- Olive Oil
- Coconut oil
- 2 ripe bananas, sliced into 3 cm thick diagonal slices

To serve

- Peanut butter
- Flakey sea salt
- Dark chocolate, roughly chopped

Instructions

Drizzle the Vogel's Digestive Wellbeing Toast with some oil and then place on a hot pan. Allow to cook on one side for a couple of minutes or until the Vogel's is golden and crispy. Then flip and cook for another couple of minutes. Alternatively just toast in a toaster.

Place the Vogel's Digestive Wellbeing Toast on a large platter or chopping board.

To the same pan, add a small dollop of coconut oil and allow to melt. Then add the banana slices and cook until they are nice and caramelised. This should only take a couple of minutes. Once caramelised, remove from the heat.

Now it's time to start topping!

Give each Vogel's Digestive Wellbeing Toast a generous spread of peanut butter. Then divide the caramelised bananas between the toast then sprinkle over the dark chocolate. Finish with a sprinkle of flakey sea salt.

The toasts are best served and eaten soon after assembling together.

Feed the Team!

BAX

Bacteroides
(BACK-TIH-ROY-DEEZ)



Terms & Conditions

All decisions on winners will be made by the Gut Foundation and are final. First prize flights, entry to Pics World and lunch for 1 child and 1 adult.

No accommodation or transport to or from the airport is included. Valid for a weekday only. Flights to be arranged at the discretion of Pic's and the Gut Foundation. Runner up prize packs will be couriered to winner's home address.

Valid entries must include a photo of the finished dish, first name of child and the hashtag #feedtheteam.

Entries which do not recreate one of the provided recipes, must also detail the ingredients of the submitted dish to be eligible.

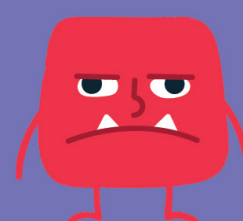
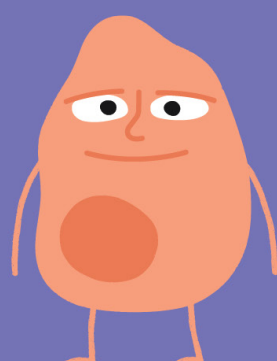
Open for children aged 5 - 12 years. The competition runs from the 27th June till the 10th July. Winners will be drawn on the 11th July. No correspondence will be entered into.

LACY

Lactobacillus
(LAK-TOE-BUH-SI-LUSS)



Gut
FOUNDATION



two raw sisters

Pic's REALLY GOOD PEANUT BUTTER

Community Trust
FOODSTUFFS SOUTH ISLAND