

COCOS
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The Gut-Health E-Book

Delicious plant-based recipes to nourish your gut every day. Quick to make, easy to love, and naturally packed with fibre to help you feel your best from the inside out.

Bonnie Weddell



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100% ORGANIC
NON-DENATURED
COCONUT MILK

NATURAL
ORGANIC COCONUT
KEFIR

16 FL. OZ.



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My name is Bonnie Weddell and I've created these five recipes centred around fibre, colour, and plant diversity for optimum gut health.

If you have a healthy gut, you will most likely be healthy overall, and that's why incorporating recipes such as these into your diet is so important. Cocos Organic couldn't be a more perfect brand to support your gut health, with its ingredients being organic, clean, and including live cultures to feed your gut bacteria.

I hope you enjoy these recipes as much as I did!



POURING DRESSING

WALDORF SALAD

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NATURAL
ORGANIC COCONUT
MILK YOGURT





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Super Green Matcha Kefir Smoothie

Serves
1



This recipe is so fresh and easy to put together. Plus, pineapple contains digestive enzymes, making it an amazing way to kick-start digestion in the morning.

Ingredients

- 1 large handful of spinach
- 1 banana
- 250ml Cocos Organic Natural Kefir
- 1 tsp matcha
- 180ml coconut milk
- 120g frozen pineapple

Method

1. Place your spinach, banana, matcha, coconut milk, pineapple, and half your kefir into a blender.
2. Blitz until smooth.
3. Swirl a glass with a layer of natural Cocos Organic yogurt.
4. Pour the smoothie into the glass and enjoy.



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Vanilla Breakfast Bircher with Raspberry Chia Jam

Serves
1



This vanilla breakfast Bircher is a meal prep go-to of mine. It's simple, full of goodness, and leaves me feeling full all morning.

For the Bircher

- 65g oats
- 1 tbsp chia seeds
- 2 tbsp Cocos Organic Vanilla Yog
- ½ an apple grated
- 200ml plant-milk

For the Chia Jam

- 200g frozen raspberries
- 1 tbsp chia seeds
- 1 tbsp maple syrup

Method

1. Place all your Bircher ingredients into a bowl or jar and mix together well. Let this sit and soak for at least half an hour; however, this is best made the night before.
2. To make your jam, place your frozen fruit and chia seeds in a saucepan and cook this down for about 20 minutes, squishing down the raspberries with a fork to achieve a jam-like consistency. Add your maple syrup, mix together, and set aside to cool (You can store this in the fridge in an airtight container for up to two weeks)
3. Once your Bircher has soaked, serve it up with the jam, some fresh raspberries, and almond butter. enjoy!



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Creamy Almond Butter Mushrooms & Kimchi on Sourdough

Serves
1



This dish is incredibly versatile and has quickly become a staple in my meals. It's ideal for a weekend breakfast, a work-from-home lunch, or a speedy 5-minute dinner after a long day. It's easy to prepare, nutritious, and absolutely delicious.

For the Creamy Mushrooms

- 2 tps Cocos Organic Natural Yog
- 2 tps almond butter
- 1 tsp soy sauce
- 1 sp paprika
- 1 sp ground ginger
- 1 tbsp olive oil
- pinch of sea salt
- 5-6 chestnut mushrooms

To Serve

- 1 piece of seeded sourdough
- half an avocado
- 1 tbsp kimchi
- handful of fresh parsley

Method

1. Slice chestnut mushrooms and fry in olive oil for 2-3 minutes.
2. Add the ground ginger and paprika, then cook a bit longer. Mix in coconut yog, soy sauce, and almond butter until creamy.
3. Toast sourdough and top with mashed avocado.
4. Serve the creamy mushroom mix with kimchi on top, seasoning with salt and pepper.



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Creamy Almond Butter Mushrooms & Kimchi on Sourdough

Serves
4



This salad is inspired by my love for Japanese food. It's full of fibre and protein. It is a great one to meal prep too!

For the Salad

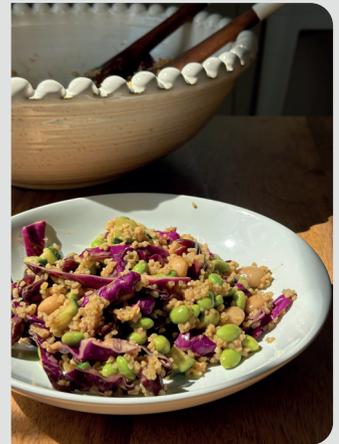
- 200g edamame beans
- 400g kidney beans
- 400g butter beans
- 200g bulgar wheat
- ½ a cucumber
- ¼ red cabbage
- olive oil

For the Dressing

- 1 tbsp dark miso
- 1 tbsp dark soy sauce
- 2 tbsp Cocos Organic Natural Yog
- 4 tbsp water to thin
- 1 tbsp ground ginger
- a pinch of sea salt

Method

1. Cook your bulgar wheat as per instructions in a saucepan until the water has evaporated, and cook your edamame. Drain and set aside.
2. Meanwhile, slice your cucumber into small chunks and shred your red cabbage.
3. To make your dressing, place all the ingredients into a cup or jar and mix well; add more water to improve the texture if needed.
4. In a large bowl, pour in your bulgar wheat, beans, edamame, and red cabbage and cucumber. Pour over some olive oil and your creamy miso dressing, mix together, and enjoy!



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Gut-Friendly Summer Mango Parfait

Serves
1



I'm all about living a healthy lifestyle, but I also love a sweettreat. This recipe combines the two and is the perfect post-dinner treat!

For the Parfait

- 280g mango
- 1tbsp maple
- 300g Cocos Organic
- Mango and Passionfruit Yog

To Serve

- More Cocos Organic
- Mango and Passionfruit Yog

Method

1. In a blender, blitz 200g of your mango with a tablespoon of maple syrup until you get a puree.
2. Next, in a dish of your choice, simply layer up your parfait with the mango puree on the bottom, then a layer of yog, another layer of the puree, and finally another layer of yog.
3. Top with the remaining mango cut into small cube shapes and enjoy!



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featured in the e-book, at
Waitrose, Whole Foods, Planet Organic,
and online through Ocado and Abel & Cole.

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