

GINGER-INFUSED OATMEAL

Oats are an excellent prebiotic food due to their balance of complex carbohydrates, plant-based protein, and fiber. Find them in most cereal aisles.



Ingredients – 4 servings

- 1 cup old-fashioned rolled oats
- 2 cups milk
- 1 Tbsp fresh ginger, grated
- 1 Tbsp chia seeds
- 1/4 tsp ground cinnamon
- 1/4 tsp vanilla extract
- 1/2 cup raspberries
- 1/2 cup blueberries
- 2 Tbsp walnuts, chopped

Instructions

In a medium saucepan, bring milk to a gentle simmer.

Stir in the oats, grated ginger, chia seeds, cinnamon, and vanilla.

Cook the mixture over medium heat, stirring occasionally, until the oats are creamy and the liquid is absorbed, about 5–7 minutes.

Serve the oatmeal in bowls, topped with fresh berries and walnuts.

Recipe courtesy of the American Diabetes Association's Diabetes Food Hub



REUBEN SANDWICH

Sauerkraut is fermented cabbage. It has a salty tang and is a rich source of probiotics. Look for it in the refrigerated area of the produce section or deli.



Ingredients – 1 serving

- 2 tsp deli mustard
- 2 slices rye bread
- 2 sprays cooking spray
- 3 oz. sliced turkey pastrami
- 1/4 cups sauerkraut, drained
- 2 Tbsp shredded mozzarella cheese

Instructions

Spread mustard on both slices of bread; set aside.

Lightly coat a pan with cooking spray; place over medium-high heat. Add pastrami and warm, about 1 ½ mins. Move to one side of pan. Add sauerkraut and stir until warm, about 2 mins. Transfer to a plate; cover and set aside.

Lightly coat same pan with cooking spray and place over medium heat. Place 1 slice of bread, mustard side up, in pan. Top with pastrami, sauerkraut, and cheese. Place remaining slice of bread, mustard side down, on top. Heat for 2 mins on each side.

Recipe courtesy of WeightWatchers®



GREEK YOGURT CHOCOLATE MOUSSE

Greek yogurt made with low added sugar and live, active cultures is a great source of protein and probiotics. Find it in the dairy section.



Ingredients – 6 servings

- 6 mini dark chocolate bars, chopped (about 6 oz.)
- 2 cups plain Greek yogurt
- 2 Tbsp honey
- 1 tsp vanilla extract
- 1/4 cup skim milk
- 2 cups raspberries
- 6 Tbsp whipped topping (optional)

Instructions

Add the chopped chocolate to a microwave-safe bowl and microwave on high for 1 minute, then stir. Keep microwaving for 30 seconds at a time and stirring just until the chocolate melts. Do not overcook.

In a medium mixing bowl, whip the Greek yogurt until fluffy. Mix in the honey, vanilla, and milk. Add the chocolate, a small amount at a time, beating in between additions.

Divide the mousse into 6 portions and top each with 1/3 cup raspberries and 1 Tbsp whipped topping if using.

Recipe courtesy of the American Diabetes Association's Diabetes Food Hub



BERRY-KEFIR SMOOTHIE

Kefir is a fermented milk drink containing probiotics. It has a tart, tangy flavor and a consistency like drinkable yogurt. Find it in the dairy section.



Ingredients - 1 serving

- 1 ½ cups frozen mixed berries
- 1 cup plain kefir
- 1/2 medium banana
- 2 tsp almond butter
- 1/2 tsp vanilla extract

Instructions

Combine berries, kefir, banana, almond butter, and vanilla extract in a blender. Blend until smooth.

Recipe courtesy of Eating Well



CRANBERRY KOMBUCHA MOCKTAIL

Kombucha is a fizzy, fermented, sweetened tea rich in probiotics and antioxidants. Find it in the refrigerated area of most produce sections.



Ingredients – 2 servings

- 1 cup Ginger Lemonade Kombucha
- 1 cup 100% cranberry juice
- 1/4 of fresh lemon
- 1 sprig fresh Rosemary, cut in half (optional)

Instructions

Combine kombucha and cranberry juice in a glass. Squeeze lemon juice into glass. Mix well and serve over ice.

Add rosemary as a garnish if desired.

Recipe courtesy of the Foundation for Fresh Produce

