

Gut Rescue

SALTY CRAVINGS RECIPES



EFFORTLESSLY BANISH BLOATING, CRAVINGS, AND BELLY FAT

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You don't have to deprive yourself while you heal your microbiome.

Got a craving for something salty & crunchy?

You can indulge your cravings for salty foods without wrecking the progress you've made healing your microbiome. Even better, you can actually use those cravings to add even more gut-healing, nourishing foods into your day.

This guide includes 11 gut healing, microbiome boosting recipes!

Everything from creamy dips to salty nuts - and yes, chips, crackers, and fries, too!

There are 2 ways to use the recipes in this guide:

#1 Add Them To Your Gut Rescue Meals

These delicious savory recipes are the perfect addition to your normal meals! Sprinkle Toasted Pumpkin Seeds over your salad at lunch or prepare the Parsnip Wedges for a delicious dinner side.

#2 Use The Salty Cravings Recipes As Between-Meal Snacks

If you like an afternoon snack, these salty recipes are a much more gut-healthy alternative to processed potato chips and crackers. If you're a person who needs snacks, you'll love the recipes in this guide!

Ready for something to satisfy your snack craving?

Enjoy these delicious recipes!



Cauliflower Poppers

Cauliflower florets transform into crispy, salty, and lightly spicy bites when you bake them just right.

Serves: 4-6 | Total Time: 30 Minutes | Prep Time: 5 Minutes | Cook Time: 25 Minutes

Ingredients:

- 1 head of cauliflower, cut into florets
- Extra virgin olive oil, for drizzling
- 2 tsp smoked paprika
- $\frac{1}{4}$ tsp cayenne powder
- $\frac{1}{2}$ tsp salt
- 1 tbsp fresh parsley, chopped

Instructions:

1. Preheat your oven to 400°F. Spread the cauliflower in an even layer on a baking sheet.
2. Drizzle with olive oil and toss well to coat.
3. Sprinkle the paprika, cayenne, and salt over the cauliflower and toss until evenly coated.
4. Roast for 25-30 minutes, turning once, until golden and slightly crispy.
5. Serve warm topped with fresh parsley.



Parsnip Wedges

Parsnips deserve more credit in the root veggie world: their mild savory flavor and rich texture bakes up to perfection in these wedges.

Serves: 4-6 | Total Time: 35 Minutes | Prep Time: 5 Minutes | Cook Time: 30 Minutes

Ingredients:

- 4 large parsnips, peeled
- 2 tbsp extra virgin olive oil
- 1 tbsp dried rosemary
- 1 tbsp dried thyme
- Salt and freshly ground pepper, to taste

Instructions:

1. Preheat oven to 400°F. Cut the peeled parsnips into wedges.
2. Toss in a bowl with the olive oil, rosemary, thyme, salt, and pepper and spread out in an even layer on a rimmed baking sheet
3. Bake for 15 minutes, then turn the fries over and place them back in the oven.
4. Adjust the heat to 450°F, then bake for an additional 5-10 minutes until golden and crispy, watching closely to make sure they don't burn.
5. Serve warm, with an additional dash of sea salt.



Herbed Almond Crackers

Crackers double as simple snacks by themselves when you're craving a salty crunch, or as a base for all kinds of dips and spreads. These herbed crackers are easily whipped up for both occasions.

Serves: 9-12 Crackers | Total Time: 20 Minutes | Prep Time: 5 Minutes | Cook Time: 15 Minutes

Ingredients:

- 2 cups almond meal
- 1 tbsp fresh chopped parsley
- 1 tbsp fresh chopped chives
- $\frac{1}{2}$ tsp sea salt
- 1 egg
- 1 tbsp extra virgin olive oil
- 1 tsp maple syrup

Instructions:

1. Preheat your oven to 325°F. In a large bowl, mix together the almond flour, parsley, chives, and salt. In a separate bowl, combine together the egg, olive oil, and maple syrup.
2. Add the wet ingredients into the dry and mix thoroughly.
3. Transfer the dough to a sheet of parchment paper, then with a second sheet of paper, roll out the dough to about $\frac{1}{8}$ " thick. Remove the top layer of paper and cut the dough into squares, sprinkle with another dash of sea salt if desired.
4. Place the parchment paper with the squares onto a baking sheet and bake for 12-15 minutes, or until lightly golden brown.
5. Let cool for 15 minutes before serving.



Roasted Baba Ganoush

This savory, rich spread goes perfectly with veggies, or those herbed crackers you just whipped up above!

Serves: 2-½ cups | Total Time: 70 Minutes | Prep Time: 10 Minutes | Cook Time: 1 Hour

Ingredients:

- 1 large eggplant
- 4 garlic cloves, peeled
- 2 tbsp tahini
- 1 tsp sea salt
- 1-2 tbsp fresh lemon juice
- Extra virgin olive oil for garnish

Instructions:

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. Wash your eggplant, slice off the ends, then slice it in half lengthwise.
3. Place the eggplant halves skin side up on the baking pan, at least 1" apart, along with the garlic cloves.
4. Roast for an hour until soft and tender.
5. Remove and let cool, then roughly chop each half into 4-6 pieces.
6. Place these in a food processor and pulse several times until broken down.
7. Now add the roasted garlic and the tahini, salt, and lemon juice and puree until smooth.
8. Serve immediately, topped with a drizzle of olive oil.



Bacon Wrapped Butternut Squash

Salty, crispy bacon encompasses chewy and rich, roasted butternut squash in the easy baked treat.

Serves: 4 | **Total Time:** 55 Minutes | **Prep Time:** 15 Minutes | **Cook Time:** 40 Minutes

Ingredients:

- 2 lbs butternut squash, cut into cubes
- 15 slices of bacon, halved
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp paprika
- Black pepper to taste

Instructions:

1. Preheat your oven to 350°F. Place the squash in a bowl and sprinkle with chili powder, garlic powder, paprika, and black pepper.
2. Wrap bacon slices around the squash cubes and place on a baking sheet.
3. Bake for 20 minutes, then flip and bake for another 20 minutes.
4. Remove, let cool for about 5 minutes, then serve.



Toasted Pumpkin Seeds

Grab some pumpkin seeds from the store, or save them from your pumpkin and squash recipes, because you won't want to miss these salty, lightly spiced goodies.

Serves: Varies | **Total Time:** 35 Minutes | **Prep Time:** 5 Minutes | **Cook Time:** 30 Minutes

Ingredients:

- 1 cup pumpkin seeds, harvested from pumpkin or squash or store-bought.
- 2 tsp extra virgin olive oil
- 1 tsp sea salt
- $\frac{1}{2}$ tsp chili powder (optional)

Instructions:

1. Preheat your oven to 400°F.
2. Over stovetop, simmer seeds for 10 minutes in water. Remove, then place on a parchment lined baking sheet, evenly spaced. Drizzle olive oil, chili powder, and salt on the seeds and toss to coat.
3. Bake for 10-20 minutes, or until the seeds begin to brown.
4. Let cool before serving.



Baked Beet Chips

Move over popcorn: beets are here, and they make the perfect salty, crunchy snack to quench any craving.

Serves: Varies | **Total Time:** 35 Minutes | **Prep Time:** 5 Minutes | **Cook Time:** 30 Minutes

Ingredients:

- 12 beets
- $\frac{1}{2}$ cup extra virgin olive oil
- 2 tsp sea salt

Instructions:

1. Preheat the oven to 300°F, and line several baking sheets with parchment paper.
2. Cut off the tops of the beets, then use a mandolin slicer to slice the beets paper-thin (about 1/16 inch). Hold the root end while dragging the beets across the mandolin (careful with your fingertips).
3. Place the slices in a large bowl and drizzle with the oil and salt. Toss well.
4. Let the beets sit in the oil and salt for about 15-20 minutes (this helps them keep their shape in the oven).
5. Toss again, then drain the liquid. Place the slices out in a single layer on the baking sheets, then bake for 45-60 minutes until crisp.
6. Remove and cool completely before storing in an airtight container.



Garlic-Herb Toasted Nuts

A handful of salty, herby, perfectly spiced nuts makes the perfect on-the-go snack for any occasion.

Serves: Varies | **Total Time:** 20 Minutes | **Prep Time:** 5 Minutes | **Cook Time:** 15 Minutes

Ingredients:

- 16 ounce raw mixed nuts
- 1 tsp extra virgin olive oil
- 1 egg white
- 1 tbsp sea salt
- $\frac{1}{2}$ tsp pepper
- 1 tbsp minced rosemary
- 1 tsp ground sage
- 1 tbsp garlic powder
- $\frac{1}{2}$ tsp smoked paprika

Instructions:

1. Preheat the oven to 300°F. Add nuts to a large bowl.
2. In a separate bowl, whisk the egg white and olive oil until foamy, then pour it over the nuts and stir to coat.
3. In another small bowl, combine the rest of the spices until evenly mixed. Pour over nuts and toss to coat.
4. Place nuts onto a pan lined with parchment paper in an even layer.
5. Roast for 15 minutes, stirring halfway through.
6. Let cool, then store in an airtight container.



Crunchy Broccoli Bites

Broccoli gets a crunchy, flavorful makeover in this easy recipe you can whip up anytime a chip or crunch craving hits.

Serves: Varies | **Total Time:** 35 Minutes | **Prep Time:** 5 Minutes | **Cook Time:** 30 Minutes

Ingredients:

- 3 cups organic broccoli florets
- 2 tbsp 100% pure avocado oil (can substitute with olive oil)
- $\frac{1}{4}$ cup almond flour
- $\frac{1}{4}$ tsp organic ground garlic powder
- $\frac{1}{8}$ teaspoon organic ground cayenne pepper
- $\frac{1}{4}$ tsp Himalayan pink salt

Instructions:

1. Preheat the oven to 400°F. Add all the ingredients for the seasoning to a small bowl and stir until well combined
2. Add the broccoli florets to a large bowl, then drizzle with avocado oil. Toss until the avocado oil is evenly distributed and all pieces are covered.
3. Sprinkle half of the seasoning mixture on the broccoli pieces and toss until evenly coated.
4. Place the seasoned broccoli pieces on a baking sheet lined with parchment paper. Bake for 10 minutes.
5. Remove from the oven and transfer back into the large bowl.
6. Sprinkle the last of the seasoning onto the broccoli and toss again until evenly coated.
7. Return to the oven and bake for an additional 20-25 minutes, or until crispy.
8. Let cool, then serve.



Baked Beet Chips

Chicken tenders are back, and they are as flavorful as you've always remembered.

Serves: Varies | **Total Time:** 35 Minutes | **Prep Time:** 5 Minutes | **Cook Time:** 30 Minutes

Ingredients:

- 2 large eggs
- 4 tbsp almond milk, divided
- $\frac{1}{3}$ cup coconut flour
- $\frac{3}{4}$ cup almond flour
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp onion powder
- 1 tsp paprika
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp cayenne pepper
- 1 lb boneless skinless chicken tenders

Instructions:

1. Preheat the oven to 400°F and line a large baking sheet with parchment paper.
2. In a bowl, whisk together the eggs and 2 tablespoons of almond milk.
3. In another large bowl, mix together coconut flour, almond flour, salt, black pepper, onion powder, paprika, garlic powder, and cayenne pepper. Add 2 tablespoons of almond milk to the bowl and mix until a 'crumb-like' texture forms.
4. Dip each chicken tender into the flour mixture, then into egg mixture, then back into flour mixture to coat thoroughly.
5. Place each strip on the prepared baking sheet.
6. Bake for 15-20 minutes until cooked through, then serve.



Kale Chips

Getting in a ton of vitamins and antioxidants from greens just got a whole lot tastier and easier with these salty kale chips.

Serves: 1-2 | **Total Time:** 13 Minutes | **Prep Time:** 5 Minutes | **Cook Time:** 8 Minutes

Ingredients:

- 1 large bunch kale
- 2 tbsp olive oil
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{4}$ tsp cumin
- $\frac{1}{4}$ tsp chili powder
- $\frac{1}{8}$ tsp cayenne
- $\frac{1}{4}$ tsp pink salt, or to taste

Instructions:

1. Preheat the oven to 300°F and line a large baking sheet with parchment paper.
2. Remove leaves from kale stem, tearing into large pieces. Pat down kale and let dry thoroughly.
3. Place the dry kale leaves in a bowl and drizzle on half of the oil. Massage into the kale leaves using your fingers, then sprinkle on your spices. Add another half tablespoon of oil and repeat, massaging the spices into the kale leaves.
4. Transfer leaves to baking sheet, arranging in a single layer. Sprinkle with a few more dashes of salt.
5. Bake kale for 7-9 minutes, watching closely. All ovens are different, so adjust baking time to desired texture of kale chips.
6. Let cool before serving.

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