



The Easiest Gut Loving Meal Ever – Learn To Love Kimchi

After a 3-day water fast, my microbiome is ready for real fuel. This video shows the quickest, easiest way to feed it—creamy avocado paired with store-bought kimchi from two of my favorite brands.

No fuss. Just healthy fats, natural probiotics, fiber, and real-food goodness your gut will thank you for.

Watch the demo and learn more on YouTube. Try the combo, check out the details.

Ingredients:

- 1 cup store bought kimchi with no sugar added (My favorites are either Wildbrine Spicy or Little Kim Chee)
- 1 avocado, sliced or cubed
- Pinch of salt (I like Redmonds) & pepper to taste

Instructions

1. Put kimchi in a bowl
2. Cut avocado into slices or cubes and add to bowl
3. Add a pinch of salt and pepper to taste
4. Enjoy!

Bon Appetit!