



GOLDSTER★
THE BEST SOLUTION FOR YEARS

Gut care

<https://www.goldster.co.uk/>



Gut Healing Green Smoothie

2 servings

5 minutes

Ingredients

- 2 1/2 cups Water (cold)
- 2 cups Kale Leaves
- 1/2 Avocado (peeled and pit removed)
- 1 Banana (frozen)
- 1 tbsp Chia Seeds
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 2 tbsps Raw Honey

Nutrition

Amount per serving	
Calories	376
Fat	22g
Carbs	42g
Fiber	10g
Protein	11g
Calcium	149mg

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Kale: Use spinach instead.

No Honey: Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy: Use almond milk instead of water for extra creaminess.

Storage: Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.



Yogurt Stuffed Papaya

1 serving
10 minutes

Ingredients

- 1 cup Papaya (medium)
- 3/4 cup Plain Greek Yogurt
- 2 tbsps Granola
- 2 tbsps Cashew Butter
- 1/4 cup Raspberries
- 1/4 cup Blueberries

Nutrition

Amount per serving	
Calories	495
Fat	24g
Carbs	50g
Fiber	7g
Protein	26g
Calcium	438mg

Directions

- 1 Cut the papaya in half lengthwise and remove the seeds.
- 2 Plate the papaya and fill it with yogurt, granola, cashew butter, and berries. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Store the papaya in the fridge for up to a week and add the toppings just before enjoying.

Papaya: Half of a medium papaya is approximately equal to one cup of papaya.

Serving Size: One serving is equal to half of a papaya with toppings.

Dairy-Free: Use coconut yogurt or other non-dairy yogurt.

Nut-Free: Use sunflower seed butter instead of cashew butter.

Additional Toppings: Top with maple syrup, chia seeds, hemp seeds, and/or pumpkin seeds.



Edamame Hummus & Veggies

3 servings

5 minutes

Ingredients

- 2 cups Frozen Edamame (thawed, plus extra for garnish)
- 1/2 cup Hummus
- 3 tbsps Water
- 1 tbsp Extra Virgin Olive Oil (optional, for garnish)
- 1 tsp Sesame Seeds (optional, for garnish)
- 1 1/2 cups Broccoli (cut into small florets)
- 1 1/2 cups Radishes (quartered)

Nutrition

Amount per serving	
Calories	292
Fat	18g
Carbs	21g
Fiber	10g
Protein	17g
Calcium	132mg

Directions

- 1 In a food processor, add the edamame, hummus, and water. Blend until a creamy consistency forms. Add more water if necessary.
- 2 Transfer the edamame hummus to a serving bowl. Top with oil, sesame seeds, and extra edamame, if using. Serve with broccoli and radishes. Enjoy!

Notes

- Leftovers:** Refrigerate the edamame hummus in an airtight container for up to four days.
- Serving Size:** One serving is equal to approximately 2/3 cup edamame hummus and one cup veggies.
- More Flavor:** Add fresh herbs like mint or dill.
- Make it Spicy:** Add chili flakes or cayenne powder.



Apple & Beet Quinoa Salad

4 servings

25 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 Apple (julienned)
- 2 Beet (small, peeled, grated)
- 2 Carrot (small, peeled, grated)
- 1 cup Kale Leaves (chopped)
- 1/3 cup Dried Unsweetened Cranberries
- 1/4 cup Orange Juice
- 2 tbsps Apple Cider Vinegar
- 1 tbsp Dijon Mustard
- 2 tbsps Hemp Seeds
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	204
Fat	4g
Carbs	36g
Fiber	6g
Protein	6g
Calcium	48mg

Directions

- 1 Cook the quinoa according to package directions. Once it has finished cooking, set it aside to cool.
- 2 Combine the cooled quinoa and all remaining ingredients in a large bowl and mix until well combined. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately one cup.

Make it a Meal: Serve with your favorite protein on top.



One Pot Shrimp & Brown Rice

4 servings
45 minutes

Ingredients

- 1 cup Brown Rice
- 2 cups Water
- 1 tbsp Smoked Paprika
- 1/2 cup Frozen Peas (thawed)
- 1/2 Red Bell Pepper (medium, diced)
- Sea Salt & Black Pepper (to taste)
- 340 grams Shrimp (jumbo, peeled, deveined)

Nutrition

Amount per serving	
Calories	266
Fat	2g
Carbs	40g
Fiber	3g
Protein	22g
Calcium	80mg

Directions

- 1 Combine the rice, water, and paprika in a large pot.
- 2 Bring the water to a boil, then reduce the heat to low and let the rice simmer for 30 minutes or until almost all the water evaporates.
- 3 Add the peas and bell pepper to the pot. Stir and season with salt and pepper. Place the shrimp on top of the rice, cover with a lid and let it cook for another 10 to 15 minutes or until everything is cooked through.
- 4 Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup.

More Flavor: Add garlic, turmeric, and chorizo.

Additional Toppings: Fresh lemon juice, cilantro, and/or parsley.