4 DELICIOUS GUT-HEALTHY *Yogurt Bowl Ideas*

NOURISH YOUR GUT. FUEL YOUR DAY.

REAL FOOD INGREDIENTS | SUPPORTS DIGESTION | FEEL GOOD EVERY DAX

1 BERRY FIBER BOWL

- Homemade yogurt
- Blueberries
- Raspberries
- Chia seeds
- Walnuts

Best for: Fiber & Antioxidants

2 TROPICAL GUT BOWL

- Homemade yogurt
- Mango
- Kiwi
- Pumpkin seeds
- Coconut flakes

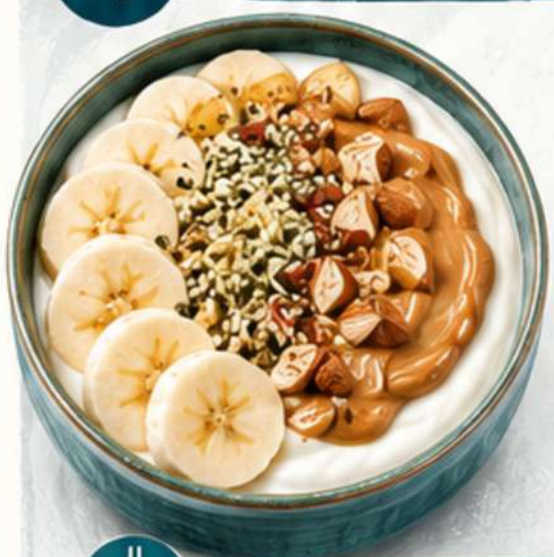
Best for: Probiotics & Vitamin C

3 APPLE CINNAMON BOWL

- Homemade yogurt
- Apple
- Oats
- Ground flaxseed
- Cinnamon

Best for: Fiber & Sustained Energy

4 PROTEIN POWER BOWL



- Greek yogurt
- Banana
- Hemp hearts
- Almond butter
- Almonds

Best for: Protein & Healthy Fats

Make it your own!

SWAP INGREDIENTS | PREP AHEAD SAVE TIME | USE WHAT YOU LOVE | ENJOY EVERY DELICIOUS BITE

Small choices. Big impact. A happy gut starts with real food.