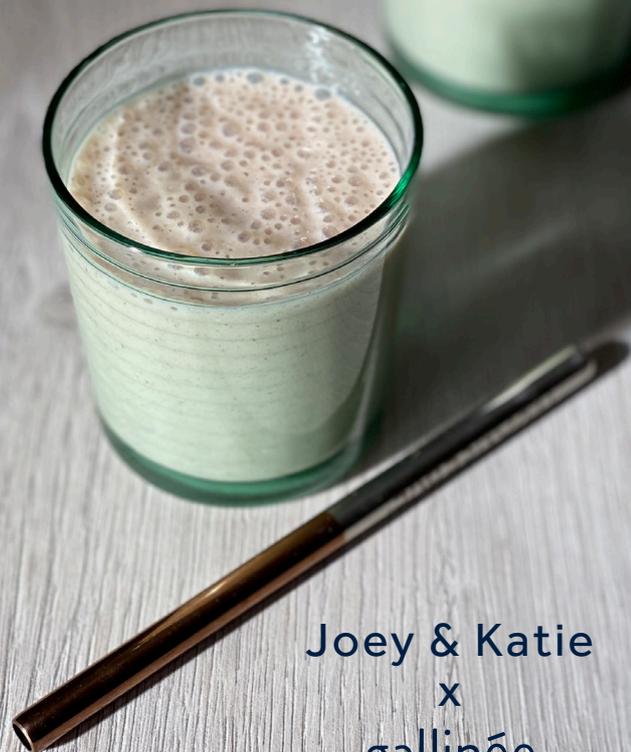


10 FIBRE-RICH RECIPES FOR
HAPPY GUT AND HAPPY SKIN

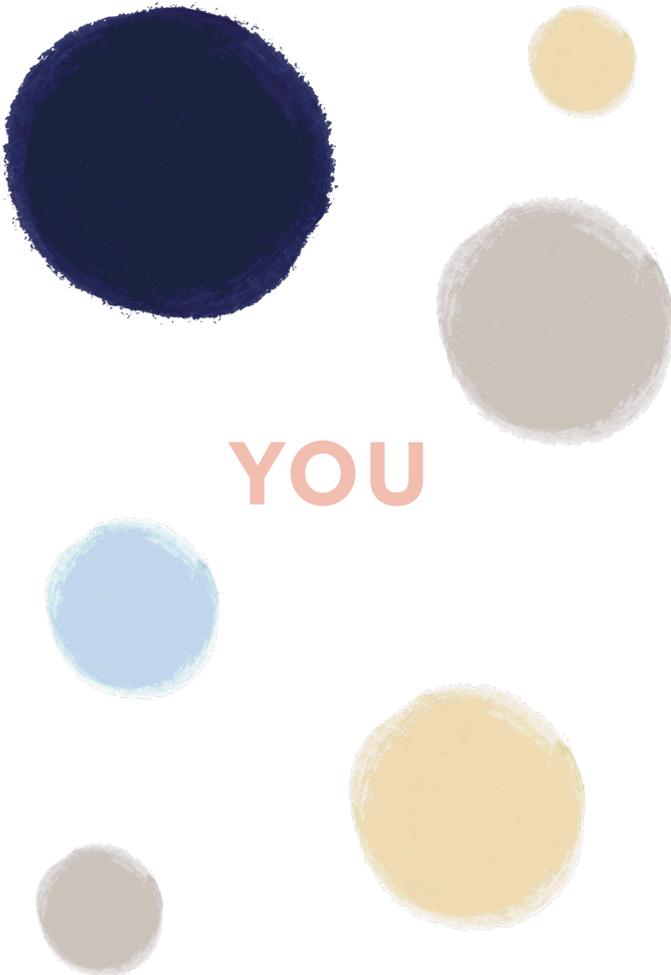


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Joey & Katie
x
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YOU

You are a planet.

You are made up of human cells and of billions of bacteria living together in perfect harmony. If you look after them, they will look after you.

At Gallinée we are the world's first skin and haircare line dedicated to the health and wellbeing of Planet You.

Your skin is made up of 1000s of good bacteria which form the protective layer called the microbiome.

If the microbiome becomes unbalanced or stripped away, then your skin becomes inflamed and sensitive. Does this ring a bell? Well, we have the solution for you.

At Gallinée we believe in working with your microbiome to help it to look after you. **Our products contain a patented complex of prebiotics, probiotics and postbiotics to nourish and support the good bacteria that make your own personal ecosystem.** Helping them to look after even the most sensitive skin.

At Gallinée we're a young company but we dream big. We're a team of passionate nerds, full of doctorates, patents and a dedication to you. We believe we can change the world of beauty forever. Come and join the bacterial revolution.

You are 50% bacteria*. Care for them.

*not an insult.

gallinéeTM

MEET THE COOKS



Can you tell us a little bit about yourselves, and how you came both to become chefs?

We joke that I (Joey) work in human food (head of development at allplants), and Katy works in pet food (lead in sales at Lily's Kitchen). Katy is an animal lover through and through and is passionate about pets and their owners living happier lives through the best nutrition. Similarly, my interest in healthy living and sustainability led me down a path to vegcentric and vegan food.

Are you both vegan? What would be your advice to start a vegan diet?

No - we eat what we call a 'vegcentric' diet; that means putting seasonal vegetables at the centre of the diet and crowding out too much animal protein or processed foods. We love eating vegan and veggie during the

week and embrace some sustainable meat or fish on the weekends. Our advice... embrace the seasons! This is a surefire way to include a super diverse range of fruits, vegetables and legumes in your diet.

What's your favourite fermented food, do you do your own kombucha, any advice for would-be fermenters?

Ohhhh such a hard question! At the moment we are addicted to fermented hot sauce... we make a big batch once a month of fermented chillies, and whizz these up into a hot sauce which we then pour on almost everything! The recipe video is on our IGTV - have a look!

@joeyscooking

No, sadly we don't have our own kombucha on the go at the moment... but now that we are working from home more maybe we should start again!

Do you think fibres have an image problem? How can we get more in our daily diet?

Yes they do... unlike protein, antioxidants or certain vitamins they don't seem to be as 'sexy' in the world of nutrition, if you know what we mean?! Our advice for fibre is to always, always, always choose whole grains! Whether that's pasta or sourdough, never skip the whole grain option!

What's your favourite comfort food?

We love a soothing one-pot-wonder like a creamy red lentil dhal you can eat on the sofa. We top ours with curried coleslaw kraut and sweet curried seeds to add complexity of texture and the awesome, addictive tang of fermentation!



OUR HIGH-IN-FIBRE RECIPES

Drinks & Smoothies

- Lemon & cayenne morning tonic
- Banana, kefir & cardamom smoothie
- Spinach, coconut & avocado smoothie
- Berry, vanilla & chia smoothie

Breakfasts

- Rye & flaxseed breakfast bowl
- Three grain porridge

Suppers

- Roasted leek, fennel & white bean salad,
with creamy Caesar dressing
- Whole grain minestrone

Snacks

- Peanut butter date bites
- Edamame, avocado & jalapeño hummus



LEMON & CAYENNE MORNING TONIC

This hot tonic is an absolute firecracker start to the day! It puts a spring in your step and some fire in your belly no matter what the weather outside is saying or what the day has in store. We love adding extra lemon and to make this as tangy as possible to wake up the taste buds and kick-start digestion.

This recipe makes 1 serving.

Ingredients:

- 1 tsp honey
- ¼ lemon, juice only
- ¼ tsp cayenne pepper
- 2 slices fresh ginger
- Hot water

Method:

Simply combine all the ingredients in a mug and top up with boiling water. Enjoy!

How much fibre?

0.5g per portion, mostly from the cayenne pepper



BANANA, KEFIR & CARDAMOM SMOOTHIE

The tartness of kefir pairs very well with the natural sweetness of banana here, and the gentle spices add a warming topnote.

Overall, this smoothie has a very clean, refreshing taste, it's a calming and grounding start to your morning.

Nutritionally speaking this one's a powerhouse as bananas a great source of prebiotic fibre, the oats add soluble fibre, and the kefir is packed with beneficial live bacteria.

This recipe makes 2 servings.

Ingredients:

120g organic kefir, or ½ cup

50g oats, or ½ cup

2 ripe bananas

250ml hazelnut milk, or plant milk of choice

¼ tsp ground cardamom

¼ tsp ground cinnamon

4 cubes of ice

Method:

Simply combine all the ingredients in a blender and whizz until velvety and smooth! If you fancy an even creamier, more luxurious texture try chopping and freezing your bananas first.

How much fibre?

4g of fibre per serving



SPINACH, COCONUT & AVOCADO SMOOTHIE

This smoothie is our absolute favourite. It's definitely on the 'healthier' end of the flavour spectrum... but we love that! It's texture is thick and luxurious thanks to the good fat of the avocado and it offers a great variety of fibre - insoluble fibre from the baby spinach, and soluble fibre from the banana. Win win!

This recipe makes 2 servings.

Ingredients:

- 1 chopped, frozen banana
- ½ ripe avocado
- 50g baby spinach
- 1 lime, juice only
- 300ml coconut water

Method:

Simply combine all the ingredients in a blender and whizz until velvety and smooth! Serve this one with a few cubes of ice.

How much fibre?

7g of fibres per serving



BERRY, VANILLA & CHIA SMOOTHIE

This one's a classic! Frozen berries, vanilla extract and creamy kefir yogurt make for a true favourite. Chia seeds add texture and a lot of fibres.

This recipe makes 2 servings.

Ingredients:

- 150g mixed frozen berries
- 150g strawberry yogurt, or kefir yogurt
- 20g chia seeds
- 2 teaspoons vanilla extract
- 1 chopped, frozen banana
- 250g oat milk, or plant milk of your choice

Method:

Simply combine all the ingredients in a blender and whizz until velvety and smooth! This smoothie is deliberately thick and creamy, but it will thicken on standing so drink it right away..

How much fibre?

9g of fibre per serving



RYE & FLAXSEED BREAKFAST BOWL

This is one of our favourite versions of 'overnight oats'. It's creamy and nourishing, and it gives you wonderfully sustained energy over the morning. We've topped it with some fresh apple and simple tinned prunes which offer lovely natural sweetness.

This recipe makes 4 servings.

Ingredients:

70g rye flakes, or ½ cup

70g oats, or ¾ cup

25g ground flaxseeds, or ¼ cup

Pinch of flakey sea salt

150ml oat milk, or plant milk of your choice

150ml water

To serve:

2 apples

1 tin of prunes

½ lemon, juice only

Cinnamon

Method:

Whisk everything together in a small mixing bowl and cover with beeswax wrapping. Leave this to soak in the fridge overnight.

In the morning, slice your apples and toss with a squeeze of fresh lemon juice to enhance their flavour and prevent them turning brown.

Top your Rye & Flaxseed Breakfast Bowls with the chopped apple, prunes and prune juice, and a sprinkle of ground cinnamon.

How much fibre?

10g of fibre per serving



THREE GRAIN PORRIDGE

We love using a combination of different grains in our porridge: not only does this introduce a wider variety of fibre into the diet, but each grain offers a different texture and flavour making the porridge altogether more exciting and even more delicious. The quinoa here lends nuttiness, and the rye adds an earthy note.

We've topped things with berries and maple syrup: in the summer use fresh, and in the winter use frozen.

This recipe makes 4 servings.

Ingredients:

60g mixed quinoa, or ⅓ cup
60g rye flakes, or ⅓ cup
50g oats, or ⅓ cup
Pinch of flakey sea salt
1 tsp vanilla extract
250g oat milk, or plant milk of choice
500g water

To serve:

Mixed berries
Maple syrup

Method:

Combine all the ingredients for your porridge in a medium saucepan and stir well. Pop the saucepan on a low/medium heat and bring to a gentle simmer. Simmer your porridge very gently for 18 minutes with the lid on, and stir occasionally.

Serve in warmed bowls with a scattering of berries and a drizzle of maple syrup.

How much fibre?

5g of fibre per serving



ROASTED LEEK, FENNEL & WHITE BEAN SALAD, WITH A CREAMY CAESAR DRESSING

Leeks and chicory are both very high in inulin; inulin is a prebiotic fibre which is a key support to a healthy microbiome. The white beans add plant based protein and make this salad so brilliantly satiating.

There's even some plant-based protein in the dressing too!

We use creamy hummus as the base of our Caesar dressing, and layered in bold flavours such as garlic, anchovies and tarragon.

You can omit the anchovies if you wish to keep this vegan.

This is a true show-stopper of a salad and it's perfect for entertaining.

It can be enjoyed warm or room temperature..

This recipe makes 4 servings.

Ingredients for the salad:

2 large fennel bulbs, save the fronds

2 large leeks

8 sprigs of thyme leaves, stripped from the stalks

2 tbsp olive oil

1 tsp salt

½ tsp pepper

60g pumpkin seeds

2 chicory bulbs

2 tins of cannellini or haricot beans

Extra virgin olive oil, to drizzle

How much fibre?

21g per portion

Ingredients for the dressing:

2 heaped tbsp creamy hummus
4 tbsp extra virgin olive oil
1 lemon, juice only
12g tarragon leaves (this was 1 pack of tarragon,
stripped from the stalks)
1 clove garlic, minced
1 tbsp capers
2 anchovies
2 heaped tsp Dijon mustard
½ tsp salt



Method:

Preheat the oven to 200 degrees.

Start by making your dressing: mince or crush your garlic, and then combine all the dressing ingredients in a small blender and whizz until smooth-ish, we love leaving a little bit of texture.

Prepare your fennel and leek for the oven. Chop the fennel bulbs into approximately 10 wedges each and remove the tough central core. Top and tail your leeks before slicing them on the angle into 2 cm width slices. Toss these with the thyme leaves, olive oil, salt and pepper, and spread on a large roasting tray.

Roast at the top of the preheated oven for 25 minutes until the vegetables are soft and lightly charred. Allow these to steam dry as they cool.

Turn the oven down to 180, and toast the pumpkin seeds for 6 minutes.

As the roasted vegetables cool you have time to prepare the other elements to the salad. Simply open and drain the beans, and separate the chicory leaves. If you've kept the fennel fronds roughly chop these too. Remove the pumpkin seeds from the oven which should now be smelling deliciously toasty!

Toss all of your salad ingredients together... it's a messy job but we even recommend using your hands for a super even coating of the Caesar dressing!

Drizzle your salad with a final flourish of extra virgin olive oil before serving with some whole grain sourdough. Delicious!



WHOLE GRAIN MINESTRONE

This one's a 1-pot recipe so not only is it a nutritional powerhouse and delicious, it's super speedy too! Whole grain spelt pasta is higher in fibre and higher in micronutrients than traditional wheat pasta, and the chickpeas bring added protein and fibre to the recipe as well.

This hearty supper takes no more than 45 minutes end to end, and the process is very straight-forward.

This recipe makes 4 servings.

Ingredients:

- 2 tbsp olive oil
- 1 red onion, chunky chopped
- 2 cloves garlic, peeled & finely sliced
- 2 sprigs rosemary, left whole
- 2 sprigs thyme, left whole
- 1 tsp dried oregano
- ½ tsp salt
- ¼ tsp black pepper
- 1 red pepper, deseeded & chunky chopped
- 1 tsp tomato paste
- 1 tin drained chickpeas
- 1 tin chopped tomatoes
- 2 tins water
- 120g wholegrain pasta: we used conchiglie but macaroni would be great too

To serve:

- Extra virgin olive oil

Method:

Heat the olive oil in a large saucepan over a medium heat.

Once hot add the onion and saute for 5 minutes until it has softened and started to caramelize. Now add the garlic, rosemary, thyme, oregano and seasoning. Keep the heat medium/medium low and continue to cook for a further 2 minutes.

Add the chopped red pepper and cook for 4 minutes, if you're feeling bold turn the heat up a little and allow the red pepper to take on some colour - this will add extra layers of flavour.

Now add the tomato paste, drained chickpeas, tinned tomatoes and water. Give things a good stir and then pop on the lid. Allow this to come to the boil.

After 10 minutes your minestrone base should be gently simmering; add the whole grain pasta, give things a stir, and then pop on the lid. Allow this to cook for a final 10 minutes, just until the pasta is cooked. If you prefer a looser texture keep the lid on, if you prefer a thicker soup take the lid off for the final five minutes.

Serve in warmed bowls with an extra drizzle of olive oil and a pinch of flakey sea salt.

How much fibre?

11g per portion





How much fibre?

5g of fibre per bite

PEANUT BUTTER DATE BITES

These tasty little mouthfuls are the perfect sweet hit with a cup of tea mid afternoon. Peanut butter and dark chocolate is a classic combination, and we've paired that with the sweet, caramel flavour of Medjool dates... These will last for several weeks in your fridge or freezer so make a bit batch and keep them stashed away for a rainy day!

Ingredients:

12 medjool dates, chilled

80g crunchy, firm peanut butter

(we used Wholeearth as it's texture is perfect for this recipe)

160g dark chocolate

Pinch of flakey salt

Method:

Pop your dates in the fridge overnight, or in the freezer for 10 minutes. They will be much easier to handle when firm.

Slice vertically down the middle of each date just until you hit the stone, prise open the date a little, and pick out the stone.

Use a teaspoon to fill each date with a generous spoonful of peanut butter. Don't worry about things looking neat at this stage as they will be dipped in melted chocolate soon! Top the exposed peanut butter with a sprinkle of sea salt. Pop your filled dates back in the freezer for 30 minutes to firm up. Meanwhile, break your chocolate into a medium mixing bowl and sit this over a saucepan of gently simmering water; make sure the base of the bowl doesn't touch the water. Stir often to encourage the chocolate to melt. Spread some baking paper or cling film on your work surface.

Once the chocolate has melted and the dates are super firm and chilled, use 2 forks to dunk the dates, one by one, into the chocolate. Pop these onto the baking paper or cling film and Finish with a sprinkle of sea salt.

Finally, return the dates to the fridge and allow them to chill for an hour before enjoying



EDAMAME, AVOCADO & JALAPEÑO HUMMUS

Here we have combined our favourite aspects of both guacamole and hummus to create a dip that's light, vibrant, zingy, and very pleasing to the eye too! If you're a fan of heat add a second jalapeno - we did!

The chickpeas and edamame beans offer great plant-based protein, as well as plenty of soluble fibre - fuel for a healthy microbiome!

Ingredients:

- 1 tin chickpeas + their water
- 250g podded edamame beans
- 4 tablespoons olive oil
- 1 jalapeño, seeds removed
- ½ ripe avocado
- 15g fresh coriander
- 1 lime, juice only
- 1 clove garlic
- 2 tsp flakey sea salt

Method:

Tip the chickpeas and the chickpea water into a small saucepan and pop this on a medium heat. Bring the chickpeas to the boil and simmer very gently for 10 minutes. Add the edamame to the saucepan for the final two minutes of cooking. Turn off the heat, but don't drain away the water!!

Allow the chickpeas and edamame beans to cool for 10 minutes before transferring to a blender. Add all the remaining ingredients and whizz until smooth.

Serve your hummus with all your favourite crudites and nibbles. This dip will last 4 days in the fridge. It's a perfect snack to offer when you have friends over, but we love taking a little tupperware to work each day for a mid-morning snack too.

How much fibre?

6.5g of fibre per portion

HOW TO EAT MORE FIBRE?

Ah fibre, the least interesting part of any diet. Or is it?

I grew up not liking vegetables very much, and over the years I trained myself to eat more and more plants. The results were worth the pain. Let me take you through all the cool facts about fibre:

What are they good for?

Years ago, we just thought that fibres were useful to add some bulk to your digestion. There is no good way to say this, so I'll just go with it: to increase the volume of your poo, prevent constipation and get things running smoothly. But it turns out there are also vital for your microbiome.

All the inhabitants in your guts feed from fibre. And when they don't feed from them, they use it as a little scaffolding to build their communities. So, the more plants you eat, the happier your bacteria will be. Especially as it helps them outgrow the bacteria feeding from sugar (who can inflame things). I have to say this helps me eat my salad a lot: I have the feeling I am feeding the inhabitants of my own little plant and taking good care of them. It's a nice feeling

Fibres is a small word for a lot of things.

It includes polysaccharides (so long chains of sugars), resistant starch, resistant oligosaccharides (small chains of sugars). They can be insoluble like cellulose, and be used as a bulk or scaffolding, or they can be soluble and be used by your gut bacteria as food.

So how to pick the right fibres for you?

The answer is: don't! Diversity is key here, eat as many types as you can and keep your own population happy and thriving. It is recommended that you eat at least 30 different plants a week. Don't forget, that include cereals too, so it's not that hard!

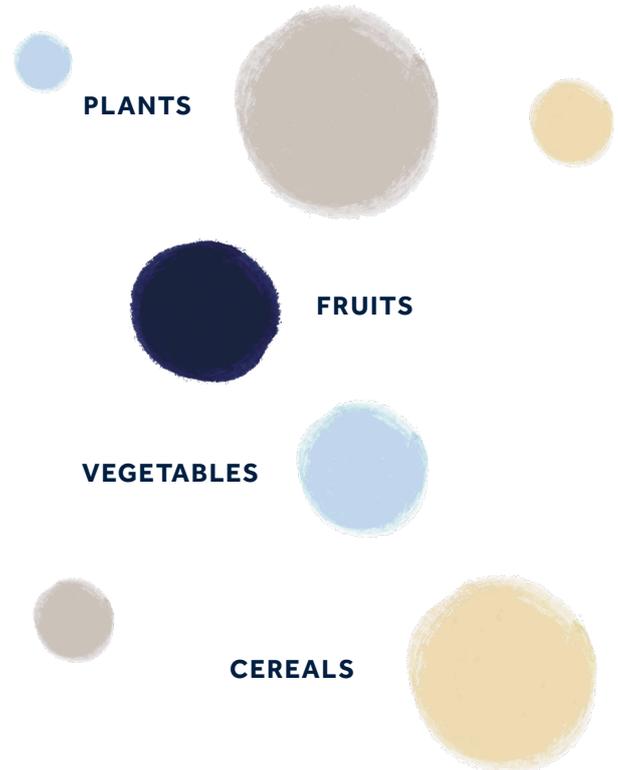
Oh and also, as modern humans we really don't eat enough of them. Before the invention of agriculture, people were probably eating more

than 100g of fibres a day. Today the recommended daily amount is 30g a day, and not all of us reach that. Science shows that people who eat 50g a day are largely free of chronic inflammatory disease.

In one word?

Eat plants: fruits, vegetables, cereals. And your body will say Merci!

Dr Marie Drago, Gallinée Founder



HOW TO CHOOSE A PROBIOTIC SUPPLEMENT?

Let's face it, it's a confusing world at the supplement aisle. Dozens of products that are hard to compare. Even for us at Gallinée, it was an interesting learning curve. So we thought we'd share the things we learnt along the way, and that helped us to create the best possible prebiotic/probiotic and postbiotic supplement.

What's inside?

* When you look at the ingredient list of your supplement, you're going to see the latin name of some good bacteria. They all sound a bit cryptic, but it's actually not that scary. One thing to remember, the name goes from broad to narrow. Like saying French>Parisian>Hipster. For bacteria it goes like that

* The name with the capital letter: That's the genus name (Lactobacillus, Cutibacterium...) Let's call it the nationality of the bacteria. When it's a famous genus, and because scientists are sometimes lazy, we only keep the first letter, assuming that everyone knows which one you're talking about. Scientists are snobs like that. So L. for Lactobacillus, C. for Cutibacterium, S. for Staphylococcus.

* The name after that without a capital letter: That's the species name. Let's call it the city of residence. Up until recently, this was all you needed to know to recognize a bacterium: C. acnes = the acne bacteria, L. casei = The fermentation bacteria.

*The weird stuff after: That's what's called a strain. It's the subcategory/variety of a bacteria. Why it's important? Well for example kale, brussel sprout and cauliflower are different strains of the same Brassica oleracea. I love cauliflower and hate Brussel sprouts (I'm undecided about kale), so it's pretty important to me. And it's the same for bacteria: Different strains can do very different things. So when you pick a probiotic, make sure they say which strains they are using.

Our probiotics have sweet strain names such as *Lactobacillus rhamnosus* R0011, *Lactobacillus casei* R0215, *Lactobacillus paracasei* R0422 and *Lactobacillus helveticus* R0052. So cute!

* Little tip to shine in the eyes of scientists: put the bacteria name in italics, they will love you forever.

How much there is inside?

* Now that you know what bacteria are present in your probiotic supplement, it would be good to know how many of them live in this capsule.

Why it's important? Because the effect is dependant on the dose (like medication): **so the more there is, the more efficient it will be.**

So how do we count tiny bacteria?

*Scientists have a special unit for bacteria, called a **CFU**. It stands for

Colony Forming Unit. It means that the bacterium is 1) alive 2) in good enough form to reproduce and create its own little colony. I always think of Matt Damon's the Martian. So 1 CFU = 1 live and kicking bacterium.

*We manufacture at 25 billion CFU, so that we can guarantee that after 2 years you still have 5 billion CFU in the capsule. That's A LOT of probiotics. A comparison that's easy to remember: it's 3 times as much as famous little probiotic bottles, or 25 times as much as some famous green yogurts.

*If the bacteria is dead, it might still be having an action (it's not totally clear on the science side) but in that case it won't have a CFU number. The quantity will be written as mg, or gr, or number of cells. No CFU = no life inside



What does it do?

*That's a REALLY good question, because saying "I'm taking probiotics" is a bit like saying "I'm eating food". It's good to know but it's not very precise. **Each strain of bacteria can be used for different benefits,** and as clinical studies get better, it's important to pick and choose the right probiotic for the right problem.

*So here are what our probiotics do:

1 **Lactobacillus Helveticus**
A friendly bacteria known to help lower the signs of eczema.



2 **Lactobacillus Casei**
A friendly bacteria known to help regulate inflammation.

3 **Lactobacillus Rhamnosus**
A probiotic bacteria known for the prevention of eczema and atopy.



4 **Lactobacillus Paracasei**
A good bacteria that helps reduce sensitivity, soften the skin, reduce water loss.



MY SKIN & MICROBIOME TRACKER

READY TO CALM YOUR SKIN FROM THE INSIDE OUT? IT WILL TAKE 1 CAP, ONCE A DAY. TICK THE DAYS OFF YOUR FIRST MONTH OF CURE AND SHARE YOUR RESULTS @GALLINEE_BEAUTE

READY, SET, CALM!

