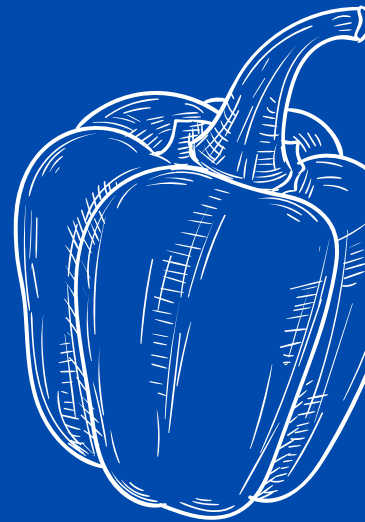
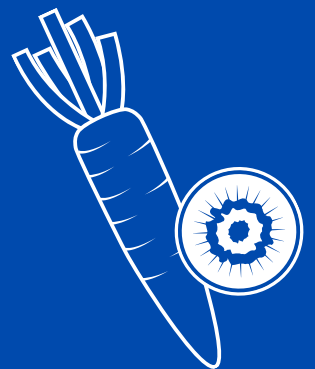


# GUT HAPPY FAMILY FAVOURITES

**A selection of recipes that big and small enjoy and that your gut buddies will love!**

- Summer Chickpea Salad  
<https://www.jamieoliver.com/recipes/vegetables-recipes/summer-chickpea-salad/>
- Polenta Pizza  
<https://www.forksoverknives.com/recipes/amazing-grains/polenta-pizza-pie/>
- Sweet potato & chickpea curry, whole basmati  
<https://thevegan8.com/sweet-potato-chickpea-and-spinach-coconut-curry/>
- Vegetable Tajine  
[https://www.bbc.co.uk/food/recipes/spiced\\_vegetable\\_tagine\\_32956](https://www.bbc.co.uk/food/recipes/spiced_vegetable_tagine_32956)
- Cauliflower Tikka Masala  
<https://simply-delicious-food.com/easy-cauliflower-tikka-masala/>
- Ottolenghi's Garlic bean mash & muhammara  
<https://www.delicious.com.au/recipes/butterbean-mash-muhammara/shq07ewc>
- Topinambour Soup with garlic & thyme  
<http://www.toast-nz.com/2013/05/in-seasonroasted-jerusalem-artichoke.html>



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