

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/)
<https://www.jamieoliver.com/recipes/vegetables-recipes/summer-chickpea-salad/>
- [Polenta Pizza](https://www.forksoverknives.com/recipes/amazing-grains/polenta-pizza-pie/)
<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/)
<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/)
<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)
<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)
<http://www.toast-nz.com/2013/05/in-seasonroasted-jerusalem-artichoke.html>

