Welcome to Food2BFit

AQUATIC & FITNESS *Center*

REFRESHMENTS

- *Coffee*
- *Tea*
- *Blackberry Shrub*

MAIN ENTREE

- *Creamy Roasted Red Pepper Pasta*
  **Recipe on back*

DESSERT

- *Vanilla Honey Kefir Panna Cotta*
  **Recipe on back*

Panorama

Have a suggestion?
Contact Erin @ x7772

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CREAMY ROASTED RED PEPPER PASTA

- 1 small onion, quartered
- 3 garlic cloves
- 1 T olive oil
- Salt and pepper to taste
- 12 oz. pasta of choice
- 1 - 15.5 oz. jar roasted red peppers drained
- ½ cup milk

1. Preheat the oven to 425°F. Line a baking sheet with aluminum foil or parchment paper.
2. Place onions and garlic cloves on baking sheet. Drizzle with olive oil, sprinkle with salt and pepper. Roast in the oven until tender and cut surface of the onion is golden brown, about 25-30 minutes.
3. When cooked, transfer the onions and garlic to a food processor or blender. Add drained roasted red peppers and blend until smooth. Set aside.
4. Cook pasta in salted water according to package instructions. Transfer the pureed sauce to a large skillet and cook for a few minutes until the sauce bubbles. Season with salt and pepper to taste, then add milk to the skillet to thin out the pasta sauce. Whisk to combine.
5. Drain the pasta and add it to the skillet. Toss to combine the pasta with the sauce to combine. Serves 6.

VANILLA HONEY KEFIR PANNA COTTA

- 2 C plain milk kefir
- 1 tsp vanilla extract
- 1 T honey
- 2½ tsp gelatin powder
- ¼ C of hot water
- 3 C chopped strawberries

1. Place the kefir in a sauce pan and whisk in the vanilla and honey. Put the heat on low and gently warm up kefir. You just want it warm. Keep whisking the honey and vanilla until well incorporated.
2. Put the gelatin powder in a bowl with hot water. Stir it until dissolved. While mixing the kefir with a whisk, slowly pour the gelatin mixture into the warm kefir. Whisk the mixture together until it is smooth and creamy.
3. Pour into four small glasses and chill in the fridge to let it set for a few hours or overnight.
4. Chop up the strawberries and top Panna Cotta before serving. Serves 4.

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Kombucha is a fermented tea drink, fermented with bacteria and yeast

Kimchi is fermented cabbage and contains the lactic acid bacteria *Lactobacillus kimchi*.

Kefir is a fermented probiotic milk drink, made by adding kefir grains to cow's milk.

Sauerkraut is finely shredded cabbage that has been fermented by lactic acid bacteria.

Miso is made by fermenting soybeans with salt and a type of fungus called koji.

STREPTOCOCCUS THERMOPHILUS

BIFIDOBACTERIUM

BULGARICUS

LACTOBACILUS

LACTOCOCCUS

PROPRIONIBACTERIUM

Pickles are cucumbers that have been pickled in a brine.

Tempeh is a fermented soybean product.

Traditional buttermilk is simply the leftover liquid from making butter.

Yogurt is made from milk that has been fermented by friendly bacteria

Natto is another fermented soybean product, like tempeh and miso.

Certain Probiotics May Have Specific Benefits

Your gut microbiome or gut flora, consists of a wide variety of bacteria. Over 500 different species and its exact composition is unique to you!

Relieve Constipation

L. acidophilus
L. reuteri
L. plantarum
L. rhamnosus
B. animalis

Against Diarrhea

L. acidophilus
L. bulgaricus
L. rhamnosus GG

Improve IBS Symptoms

S. Cerevisiae
VSL#3

- Lactobacillus
- Bifidobacterium
- Streptococcus

Help Lose Weight

L. gasseri
B. lactis
L. rhamnosus

Support Brain Health

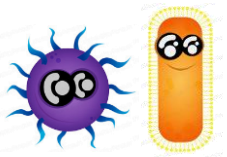
B. longum
B. breve
B. infantis
B. helveticus
L. rhamnosus

Improve Heart Health

B. longum
L. acidophilus
L. reuteri

Boost Immunity

Lactobacilis GG
L. crispatus
L. gasseri
B. bifidum
B. longum

Decrease Inflammation

L. gasseri
B. bifidum
B. longum