Your Healthy Gut Tweets

1.) Don't know what to do with your leftover kimchi? Make fried rice, dumplings, devilled eggs, omelet or quesadillas. Yum! <Your URL Here>

2.) A bottle of kombucha tea contains 4 to 7 micro-organisms. The benefit? Strong and healthy gut! <Your URL Here>

3.) Pickles provide a healthy dose of Probiotics and they are low in fat content and calories which make them a great snack item. <Your URL Here>

4.) Can't eat yogurt because you're allergic to dairy? Try Coconut Yogurt. It's vegan, dairy free, gluten free and lactose free! <Your URL Here>

5.) Want a vegetarian version of BLT? Swap bacon with tempeh - it's a complete protein that is loaded with amino acids. <Your URL Here>

6.) Cultured foods are high in vitamins and natural compounds that aid with digestion and help boost the immune system. <Your URL Here>

7.) Don't know what to do with kefir? Try making ice cream, salad dressing, smoothie, cake, muffin or soup with it! <Your URL Here>