

Body Book

HAPPY GUT WITH GUTRIGHT

Recipes from the creators of GutRight
- ATP Science -



OPERATION365

by Fiona Hurle

Protein GutRight Caramel Fudge Squares

Prep Time 10 minutes

Servings 15

Nutrition Per Serve	200 Cal
Carbohydrates	20g
Fat	13g
Protein	5.9g



Ingredients

250g salted butter
1 cup coconut sugar
6 tablespoon maple syrup
4 tablespoon almond butter
2 cups gluten free rice puffs
2 Scoops protein powder
1 – 3 scoops GutRight

Method:

1. Line a square baking pan with parchment paper. Set aside.
2. Melt butter, coconut sugar, maple syrup, almond butter in a medium sized saucepan over low/medium heat.
3. Turn up heat to high and bring to a boil, boil mixture for 1 minute, take off the heat then add protein powder and gut right, mixing until well combined.
4. Remove from heat and stir through rice puffs until they are well coated and then pour mixture evenly into prepared pan.

Gutright Choc Chip Cookies

Prep Time 60 minutes

Servings 20

Nutrition Per Serve	130 Cal
Carbohydrates	19g
Fat	14g
Protein	4g



Ingredients

350 grams gluten free flour

1 tablespoon GutRight

1 tsp cinnamon

2 ½ teaspoons gluten free baking powder

pinch of salt

250 grams salted butter (melted)

100 grams maple sugar or syrup

2 medium eggs, at room temperature

1 tablespoon vanilla bean extract

400 grams dark chocolate, roughly chopped

Fleur de sel or flaked salt, for final sprinkling

Method:

1 - In a medium sized mixing bowl, whisk together the all-purpose flour, baking powder, cinnamon, GutRight and salt. Set the dry ingredient mixture aside until needed.

2 - In the bowl beat together the melted butter and maple sugar on medium speed, until light and fluffy, add in the eggs, one at a time, beating well after each addition. Add in the vanilla bean paste and beat until well combined.

3 - Add the dry ingredients. Mix until roughly combined, add in the roughly chopped dark chocolate and beat until evenly combined, cover it in a thin layer of plastic wrap. Set the bowl in the refrigerator to chill for about 30 minutes. Meanwhile, pre-heat the oven to 180 Celsius. Line a large baking sheets with non-stick parchment paper. Set aside.

4 - Remove the dough bowl from the refrigerator. Using a generous tablespoon as a measure, scoop out as many cookie balls as possible from the dough. Arrange the dough balls evenly amongst the sheets, then sprinkle over a little of the fleur de sel or flaked salt. You should be able to fit about 8 dough balls per sheet, depending upon size each cook.

5 - Bake, for 9 to 11 minutes. Remove from the oven and let the cookies cool on their baking trays for 10 minutes, before carefully transferring them to a wire rack to further cool slightly.



Black Bean GUTRIGHT Chocolate Mousse (Vegan)

Prep Time 10 minutes

Servings 14

Nutrition Per Serve	284.5 Cal
Carbohydrates	38.6g
Fat	9.95g
Protein	12.6g



Ingredients

4 scoops GUT RIGHT (ATP Science) – 1 Scoop Per Serve

400 grams (1 can) Black Beans (rinsed well) –
Global Organics Black Beans

3-4 pitted dates with 1/2 cup hot water (Absolute
Organic Medjool Dates)

1/4 cup almond or peanut butter (generic
organic from LAMANA direct)

3 tablespoons applesauce (Duerr's Apple Sauce)

1 tablespoon cocoa powder (Henry Langdon

Pure Cocoa Powder)

1/2 teaspoon vanilla extract (Taylor and College Vanilla Bean Paste / organic)

1/4 teaspoon salt

3 tablespoon non-dairy milk (Nuttu Bruce Organic Almond Milk)

Non-vegan options – add 2 scoops of choc noway

Method:

In a small bowl, add dates. Cover with 1/2 cup boiling water, set aside for 10 minutes.

In a food processor, add dates, black beans, gut right, almond butter, applesauce, cocoa powder, vanilla, salt and non-dairy milk. Pulse to combine until all ingredients are mixed together, it should be a thick consistency if it's too thick add more milk.

Transfer to a bowl and put in fridge until its cold. Serve or Store in an airtight container in the fridge for up to 1 week.



Dark Chocolate Protein / Gut Cookies

Prep Time 15 minutes **Cook Time** 8-10 minutes
Servings 10-12

Nutrition Per Serve	50 Cal (per biscuit)
Carbohydrates	7g
Fat	1.6g
Protein	2.1g



Ingredients

300 g 70% dark chocolate (melted)
50 ml coconut oil
70 g gluten free flour
1 scoop NOWAY choc caramel protein powder
2 tsp GUT RIGHT
½ teaspoon baking powder
pinch of salt
50 g honey or maple syrup
2 medium eggs

1 tsp vanilla bean paste

1 tsp cinnamon

cinnamon and salt to sprinkle on top

Method:

1 - Melt the chocolate and coconut oil together, set aside. Next, place the gluten free flour, protein powder, gut right, baking powder, vanilla bean, cinnamon and salt in a bowl. Set aside.

2 - In another bowl, whisk together the honey or maple with eggs on medium speed, until it is a caramel color and thicker in texture, it should almost double in volume, pour in the melted and cooled chocolate slowly. Combine this mix with the dry ingredients, and fold it through as you go, the mixture is quite thick, once combined, cover it with plastic wrap and let the dough chill in the refrigerator for 30 minutes.

3 - After the 30 minutes, preheat the oven to 180 C. Line a baking tray with non-stick parchment paper and using a small spoon scoop the mixture out and into evenly sized dough balls. Make sure to space them an even distance apart, to allow room for spreading. You should fit about 8 -9 balls per sheet. Sprinkle over a little of the flaked salt and cinnamon

4 - Bake, for 8 to 10 minutes, or until the cookies are puffed, beginning to crackle, and the edges are just firm, i like mine soft so I take them out at the first signs of crackling.

5 - Let the cookies cool on their sheets for 10 minutes, before carefully transferring them to a wire rack to cool completely.



Gutright Classic Chocolate Cake

Prep Time 40 minutes

Servings 20

Nutrition Per Serve	62 Cal
Carbohydrates	9g
Fat	5.45g
Protein	3g



Ingredients

200g gluten free flour
65g cocoa powder
2 tsp Gut Right Powder
1 1/4 tsp. baking powder
pinch of salt
100g maple syrup
300ml coconut milk
50ml coconut oil
2 large eggs or 3 medium
1 tbsp. vanilla bean extract

Optional for cake – 2 scoops of NOWAY protein powder, add this when you put the dry ingredient in bowl first.

Method:

1. Grease a non – stick square tin and line it with baking paper and let the parchment paper slightly overhang the sides, pre-heat the oven to 180 c.
2. In a large mixing bowl, whisk together the flour, cocoa powder, baking powder, gut right and salt, until evenly combined.
3. Pour the maple syrup, coconut milk, coconut oil, eggs and vanilla bean extract into the mixing bowl with the dry ingredients. Whisk, until evenly combined and glossy, pour the batter into the prepared baking tin.
4. Bake, for 30 to 32 minutes, or until risen and a skewer inserted into the middle comes out clean Remove from the oven and let the cake cool in its tin for 15 minutes, before carefully turning it out and onto a wire rack, to cool completely before frosting.

Frosting

Ingredients:

110 grams dark chocolate (70%)

170 grams unsalted butter, very soft at room temperature

50 grams maple sugar

50 grams cocoa powder

2 tbsp. heavy cream

1 tsp. vanilla bean paste

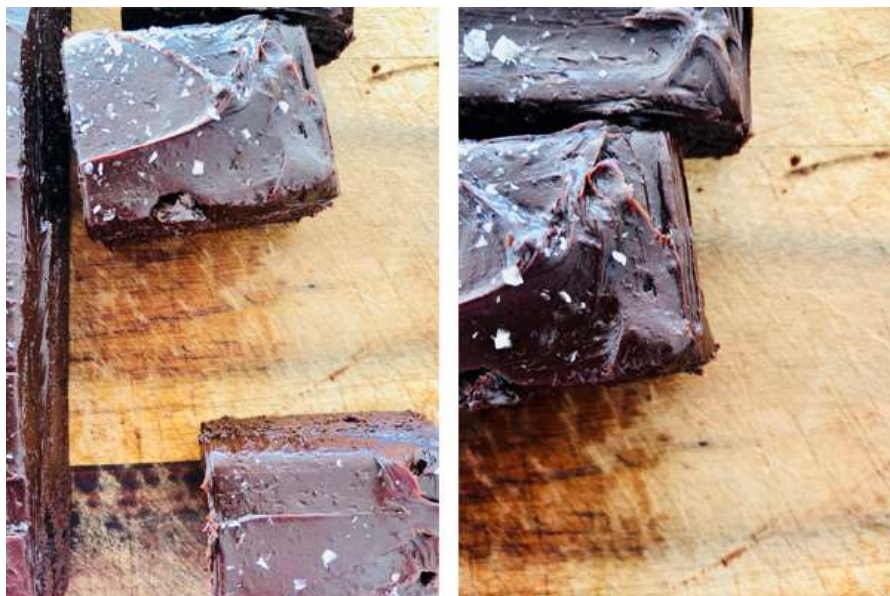
1/4 tsp. salt

Optional for cake – 2 scoops of NOWAY protein powder, or more gut right (1 tsp)

Method:

1. Place the chopped dark chocolate and butter in a sauce pan over medium heat and stir until melted, add the maple syrup, continuously stirring, add in the cream, gut right or protein powder, cocoa powder, cream, vanilla bean paste and salt and then keep mixing until it all comes together and is smooth and glossy.

Lather over your cooled down cake.



Gutright Chocolate Biscuit Slice (Vegan)

Prep Time 20 minutes

Servings 12

Nutrition Per Serve	438 Cal (1 slice / 2cm width)
Carbohydrates	30.4g
Fat	33g
Protein	4.3g



Ingredients

600g 70-80% Dark Vegan Chocolate (Loving Earth Dark Organic Chocolate (80g)

2/3 cup Almond or Coconut Milk (Nutty Bruce Organic Almond Milk)

1/3 cup Coconut Oil (Honest to goodness organic coconut oil / virgin)

1/2 cup Coconut Flakes (Honest to goodness organic coconut flakes)

200g pack of your favourite biscuits (cookies) / Vegan Friendly i used ginger snaps (

GUT RIGHT (ATP Science) – 12 scoops for 12 serve

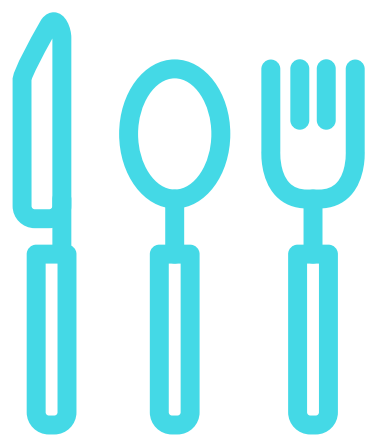
Method:

Heat coconut or almond milk and coconut oil in a medium sized saucepan, when this is about to simmer turn the heat to low. Add chocolate to the hot milk and stir to melt, continuously stir. Remove from heat and keep stirring until you have a homogeneous mixture, add in the coconut flakes, and combine.

In a parchment paper lined loaf pan, layer a layer of melted chocolate mixture and then one layer of biscuits. When layering the biscuits make sure the whole layer is covered, which means you may need to cut them in half or smaller to fill the spaces (as learnt from making this batch).

Continue layering until the chocolate runs out – the last layer you have, should be chocolate.

Refrigerate for 12 hours, slice and enjoy!



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