

HERES THE SCOOP FROM GOGUT

DECEMBER NEWSLETTER

VOLUME: 1: NUMBER 5: DECEMBER 2023

Merry Christmas

GO WITH YOUR GUT

Health Benefits of Fiber

Control your blood sugar. The body is unable to absorb and break down fiber, it doesn't cause a spike in blood sugar the way other carbohydrates can. This can help keep your blood sugar in your target range.

Protect your heart. Fiber prevents your body from taking in some fat and cholesterol, lowering your triglycerides and cholesterol levels to help reduce your risk of heart disease.

Maintain your digestive health. Fiber acts like a scrub brush, cleaning your digestive tract. It helps clean out bacteria and other buildup to improve gut health and help reduce your risk of colon cancer.

Keep you feeling full and help with weight management.

Since fiber can't be digested, it moves slowly through the stomach, making you feel fuller for longer. And many foods high in fiber tend to be low in calories, which can help with weight loss.



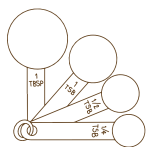
GOGUT RECIPES

INGREDIENTS



Christmas Sugar Cookie Bars

- 1/2 cup unsalted butter (softened)
- 1 cup granulated sugar
- 1 large egg
- 1/3 cup of GoGut
- 1 tsp vanilla extract
- 2 oz cream cheese
- 2 1/2 cups flour (scooped and leveled)
- 3/4 tsp baking powder
- 1/2 tsp salt
- 1/4 cup Christmas jimmies
- For The Frosting:
 - 1/2 cup butter (softened)
 - 2-3 TBS milk
 - 1 TBS vanilla
 - 1/2 tsp salt
 - 4 cups powdered sugar
 - 3-5 drops food coloring (optional)
 - 2 TBS assorted Christmas sprinkles



INSTRUCTIONS

Preheat the oven to 375 degrees Fahrenheit.

In a large mixing bowl, cream together your butter and sugar for about 3 minutes until light and fluffy. Add in your egg, vanilla, and cream cheese and mix until they are combined. Add your GoGut and stir.

In a medium sized bowl, whisk together your flour, baking powder and salt. Fold the Christmas sprinkles into the batter.

Slowly add in your flour mixture into the wet mixture, while stirring until everything is combined.

Press the batter into a greased 9x13 baking dish and spread it out evenly with your hands or a rubber spatula.

Bake for 15-17 minutes or until edges just barely start to turn golden. Allow the bars to cool completely.

Mix together all your ingredients for your frosting until fluffy creamy. Add in desired amount of food coloring. Spread frosting evenly over cooled cookie bars.

Top with sprinkles, or Christmas m&ms, as desired. Cut into squares and serve. Yum!

THE REST OF THE SCOOP

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1 review

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