

Fiber For Everyone

Adding soluble fiber to your food and beverages is a simple way to support gut health, steady blood sugar, and promote fullness. It dissolves in water to form a gel-like texture that helps digestion run smoothly while also supporting heart health. A daily boost of soluble fiber is a small change with big, lasting benefits.

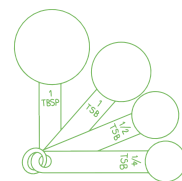
GOGUT RECIPES

INGREDIENTS



Pumpkin Brownies

- 1 Cup of Coconut Flour
- 1 Tbsp Pumpkin Pie Spice
- 1 Tsp Baking Powder
- 1/4 Tsp Baking Soda
- 1/2 Tsp Salt
- 4 Eggs
- 40g of GoGut
- 1/3 Cup Maple Syrup (or Liquid Sweetener of your choice)
- 2 Tbsp Coconut Oil (melted)
- 1 Can Pumpkin Puree



INSTRUCTIONS

1. Preheat the oven to 350 degrees and spray the pan or line with parchment paper.
2. Mix dry ingredients together.
3. Whisk egg, syrup, melted coconut oil and pumpkin together.
4. Slowly add the dry ingredients to the wet. Let sit for at least 10 minutes so coconut flour can absorb the moisture.
5. Bake for 35 minutes

Optional Cream Cheese Frosting and Dark Chocolate Drizzle

Frosting : 8oz softened Cream Cheese, 1 Tablespoon Vanilla, 2 Tbsp Monk Fruit Confectioners Sugar

THE REST OF THE SCOOP



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Sweet Deal Alert! 🍪 Buy 5 of our delicious Chocolate Chip Monk Fruit Cookies and get 5 FREE! That's double the goodness—same rich flavor, zero added sugar. Stock up while this offer lasts!

~~\$35~~ ➡ **\$17.50**

D. Deborah Bardrick
Local Guide · 40 reviews

I have just completed 3 months of using GoGut starting my fourth month and I have to say that I do feel better. It has eliminated the bloating and the gas discomfort we all experience from time to time. It helps keep the regularity in tact and I have more energy. By adding GoGut to my daily routine it has definitely been a positive for me since I am a diabetic and dealing with cholesterol issues. I use 10 grams 3 times a day in my coffee and it does not alter the taste and mixes easily. I also have tried the cookies and the Peach Soda and the Tea sweetened with honey and they are so good. The cookies are hugh and moist and the Peach Soda is the best!! The staff at GoGut are most helpful and so friendly and great customer service is really hard to find these days so keep up the good work!! I plan on continuing to use GoGut and can't I wait to see my results when I have blood work done again in 6 months and will keep you posted when the results come in.

Deborah Bardrick- Arkansas GoGut Fan!!

Testimonials

Thank You,
Deborah!



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