

HERES THE SCOOP FROM GOGUT

NOVEMBER NEWSLETTER

VOLUME 3: NUMBER 10: November 2025

Why Soluble Fiber Matters for Kids

Adding soluble fiber to your child's diet supports healthy digestion, steadier energy, and a stronger immune system. It helps keep their gut microbiome balanced, reduces sugar spikes, and even improves focus and mood. A fiber-rich start builds lifelong healthy habits—because a happy gut means a happy kid.

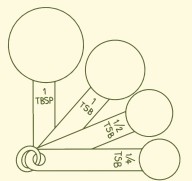
GOGUT RECIPES

INGREDIENTS

Caramelized Onion Mac & Cheese



- 5 Tbsp Butter
- 2 Large Yellow Onions, thinly sliced
- 1/8 Tsp. Salt
- 1/8 Tsp. Pepper
- 1 Tsp. of Maple Syrup
- 8 oz. Pasta of your choice
- 2 Tbsp All Purpose Flour
- 2 1/2 Cups Whole Milk
- 2 Cups Sharp White Cheddar
- 2 Cups of Caramelized Onion Jack Cheese or Fontina
- Pinch of Cayenne Pepper
- 30 grams of GoGut



INSTRUCTIONS

1. In a large skillet, caramelize onions in butter, salt, pepper. After they are cooked down add maple syrup. Cook for 5 minutes.
2. Boil water and cook pasta according to directions on its package, al dente. Strain and set aside.
3. In the skillet with the onions, add your flour, mix thoroughly. Add GoGut and mix thoroughly.
4. Slowly add milk on medium heat, then add your cheeses and whisk until smooth. Add cayenne and more salt and pepper to taste to cheese sauce. Once well blended, add cooked pasta and enjoy!

THE REST OF THE SCOOP

Join the GoGut Jingle Contest –Win Money for Christmas!
Sing the GoGut jingle live at GoGut Café!
Be creative – solo or group performances, any age welcome!
Cash Prize + A Spot in Our National GoGut Commercial!

- 1st Place: \$1000
- 2nd Place: \$500
- 3rd Place: \$250
- 4th Place: \$100
- 5th Place: \$100

Auditions: November 17, 19, 21 – from 5 PM to 8 PM

Choose your preferred audition time online!

Reserve your spot in advance using our GoGut Café appointment system select a date and time that works best for you.

Or Call: (407) 432-3433 to schedule your time

Email: mygogut@gmail.com

Location:

GoGut Café

209 Dunlawton Ave, #9

Port Orange, FL 32127

Perform live, get recorded, and let the world vote online at GoGutCafe.com!

Winners chosen by fan votes + our expert judges.

Rules:

No age limit. Solo or groups welcome. Bring your most creative performance!

To listen to the GoGut jingle, go to YouTube.com and type in:

GoGut Soda



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