

### GoGut Helps You Stay Younger?

Soluble fiber(GoGut) helps you stay “younger” by supporting the systems in your body that naturally decline with age—especially your gut, heart, and metabolism. When it dissolves in water, it forms a gel that slows digestion and feeds beneficial gut bacteria.

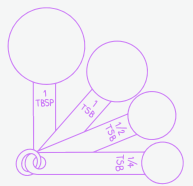
A healthier gut reduces inflammation, which is a major driver of aging and many chronic diseases. It also helps stabilize blood sugar, preventing energy crashes and reducing long-term damage to cells. On top of that, soluble fiber can lower cholesterol and support heart health, keeping your circulation strong. Altogether, it helps your body function more efficiently, giving you better energy, healthier skin, and improved overall vitality as you age.

#### GOGUT RECIPES

#### INGREDIENTS



- 3 Large Eggs
- Gluten Free Panko Breadcrumbs - 2 cups
- Grated Parmesan Cheese - 1 cup
- Gluten Free Flour - 2 cups
- Italian Seasoning - 1 Tablespoon
- Garlic Powder - 1 Teaspoon
- Salt and Pepper - 1/2 Teaspoon each
- 2 Fresh Zucchini (yields about 30 pieces)
- 40 grams of GoGut



#### INSTRUCTIONS

1. Preheat oven to 400 and lightly spray cookie sheet with avocado oil or use parchment paper.
2. Make yourself a dredging station. Crack and whisk 3 eggs in a medium size bowl, set aside. Using a shallow bowl add breadcrumbs, cheese, Italian seasoning, garlic powder and together. Using a shallow bowl add flour.
3. Take slice zucchini and place in flour both sides first, sprinkle GoGut on zucchini, dredge both sides with eggs next, gentle pat in the breadcrumbs last on both sides.
4. Drizzle a little avocado oil on the zucchini bites before putting in the oven for 20 mins. Serve with warm marinara or chilled tzatziki sauce.

# The Rest Of The Scoop



## BACK IN STOCK

We've partnered with a new baker to bring you fresher cookies made in small batches – now with no preservatives.

Carrot Cake Oatmeal: same recipe, no preservatives

Chocolate Chip: softer, more homemade, no preservatives

## STORAGE

Enjoy within 2 weeks or keep in the freezer until ready to enjoy.

Loving your results with GoGut? Leave us a Google review and receive 10% off your next order!



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