



**HealthMap**  
Gut Health Professionals

## CREAMY PREBIOTIC GUT BUG POTATO SALAD

### INGREDIENTS

4 x potatoes cut into bite size pieces, boiled and cooled.

1 x cup of fresh sauerkraut

2 x shallots or spring onions

1/2 cup x probiotic yoghurt or Greek yoghurt

1 x crushed garlic clove

Juice of half a lemon

2tbs x Dijon mustard or horseradish cream

### DIRECTIONS

- Cook potatoes and cool them before you start! They have to be cooked and cooled first to get the resistant starch you are after.
- Make dressing with yoghurt, lemon, garlic and mustard
- Cut up shallots and add to the potatoes
- Add the sauerkraut to the potatoes then mix in the dressing!

You can make variations with this potato salad. Add k fibre into the dressing for extra fibre or add some red onion for extra prebiotics. It's up to you. Once you know the basic ingredients you can make it yours.

PREP TIME: 30 MIN

COOK TIME: 20 MINS

TOTAL TIME: 40 MINS

SERVES: 4-6 PEOPLE

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