**Veggie Mash:**

The health of your gut is extremely important to your overall health. It’s called the second brain for a reason. Most serotonin is made in the (healthy) gut. Serotonin is the “happy neurotransmitter”. Your immune system is largely comprised of the health of your gut.

I can go on and on and if you’ve seen Dr. Travis, he will. We just cannot educate and emphasize it enough.

I’ve had tons of energy, feeling great, I’ve lost stubborn fat around my middle all since we incorporated veggie mash into our diet.

So I am sharing my Veggie Mash/Happy Tummy Mash. The veggies alternate.

Select 7-11 veggies that you do not often eat.

Side note: if you do not have a food processor (I did a lot of research and LOVE mine), you can use an attachment to a kitchen aid that grates or salad master.

Also, flavor will change as the veggies ferment in the fridge.

**How to Make:**

Select 7-11 raw/organic veggies you don’t normally eat in your diet.

Mash together in a food processor or salad master.

Store in the refrigerator in a glass jar for up to 2 weeks.

**Dosage:**

Start with 1 tsp a day!

You can move up to 1-3 TBS/ day but it takes time!