

# Prebiotics



**Asparagus**



**Avocado**



**Banana**



**Dandelion Greens**



**Eggplant**



**Endive, Radicchio**



**Garlic, Leeks, Onions**



**Honey**



**Jicama**



**Kefir**



**Kiwis**



**Legumes**



**Barley**



**Oats**



**Sunchokes**



**& More!**