

Kashi Introduces New Kashi Gut Health Granola

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Kashi Gut Health Granola brings together fiber, prebiotics and gut-activated cultures right in the bag



Kashi has expanded to the granola aisle with Kashi Gut Health Granola, made with whole grain oats, prebiotic chicory root fiber, gut-activated cultures and a blend of nuts, seeds and fruit. The new granola offers a delicious, straightforward way to incorporate key nutrients that support gut health into everyday routines. For anyone searching for how to support gut health through food, Kashi Gut Health Granola brings together fiber, prebiotics and gut-activated cultures right in the bag as an easy-to-enjoy option that fits into everyday eating.

When choosing a granola for everyday wellness, Kashi Gut Health Granola brings key ingredients together in one product. It is Non-GMO Project Verified, and Kashi is committed to providing high-quality, transparent ingredients. Each serving of Kashi Gut Health Granola provides:

High Fiber (9g per serving)

Dietary fiber from whole grains, nuts, seeds and fruit to support digestive wellness as part of a balanced daily diet.

Prebiotics (5g per serving)

Prebiotic fiber from chicory root helps fuel beneficial bacteria in the gut microbiome, supporting gut health as part of a balanced diet.

Gut-Activated Cultures (*Bacillus subtilis* DE111)

Gut-activated cultures complement the product's fiber and prebiotic content as part of an overall balanced eating routine.

A granola built for gut health comes down to where its functional ingredients come from. In Kashi Gut Health Granola, the fiber comes from whole grain oats, the prebiotic comes from chicory root and is made with *Bacillus subtilis* DE111, a gut-activated culture designed to remain stable under external conditions until they reach your gut where they become "active" and can help contribute to microbiota diversity within the gut.