

# Gut Healing Recipes

*Good health starts in the gut!*

Not only is your gut responsible for the digestion and assimilation of nutrients from your food, it is also responsible for effective elimination and many other vital bodily functions. It is home to approximately 80% of your immune system, is where many neurons and hormones are made and metabolised and where enzymes and nutrients that are important for vitality are created and housed.

Having a strong healthy gut can help stop pathogens and bad bacteria from over taking and can lead to fewer illness and diseases. It also mean that the nutritional benefits from your food are better absorbed and utilised by the body leading to improved overall health, increase energy, glowing skin, stronger digestion, stronger immunity and improved emotional wellbeing.

## Bone Broth

### Benefits:

Bone broth can enhance digestion, absorption and assimilation of essential vitamin and minerals by its ability to repair and soothe the mucous lining of the gastrointestinal tract.

### Ingredients: Aim for organic ingredients where possible.

- 1 Kg Organic chicken bones (50% knuckle & 50% Marrow bones)
- 2 Litres of filtered water
- 2 Carrots
- 2 Celery stalks
- 3 Garlic cloves
- 1 Brown onion
- 4 Tablespoons of Apple cider vinegar
- 1 Tablespoon of Turmeric powder
- 1 Bay Leaf
- Handful fresh parsley
- Celtic sea salt and pepper to taste.



### Method:

- 1- Place organic bones into large pot or slow cooker and cover with filtered water.
- 2- Wash, peel (if non organic) and chop carrots, celery, garlic (crush first) and onion and add to the pot with the apple cider vinegar, bay leaf, parsley and turmeric with a pinch of salt and pepper.
- 3- Place slow cooker or pot on a low to medium heat and set a timer for 24hours.
- 4- Top up with filtered water if liquid becomes too low and skim off some of the fat residue
- 5- After 24-48 hours remove from heat and allow to cool
- 6- Strain the liquid into a large bowl

Your bone broth is now ready to drink, refrigerate or freeze in an airtight container. Aim to drink 1-2 cups per day.

## Vegan Bone Broth

Ingredients- Always aim for organic where possible.

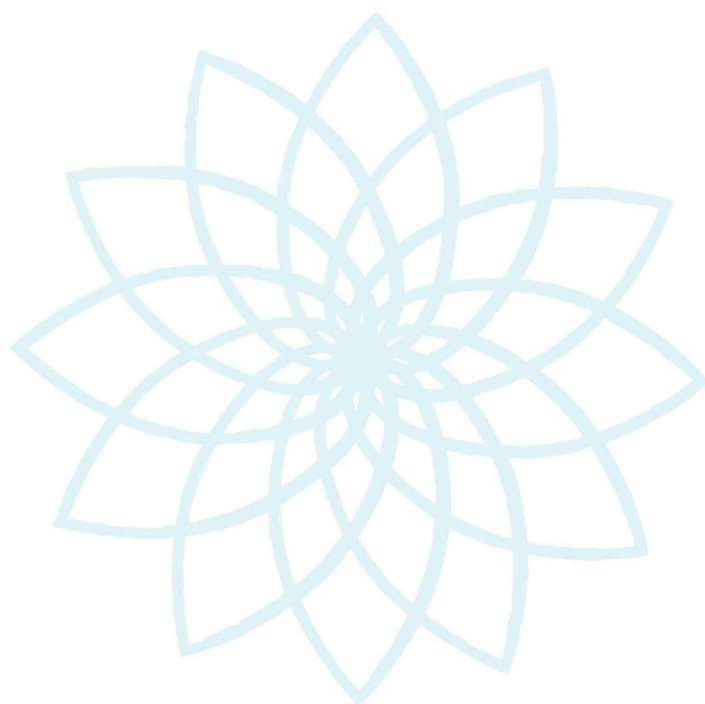
- 12 cups of filtered water
- 1 Tablespoon of coconut oil
- 2 Garlic cloves, smashed
- 1 Red onion quartered
- 1 Knob of ginger, finely chopped
- 1 Leek, finely chopped
- 2 Celery sticks, chopped
- 1 cup of greens (Kale, Broccoli)
- 1 Tablespoon of cracked peppercorn
- 1 Chilli pepper roughly chopped
- 1 cup shiitake mushrooms, roughly chopped
- 3-4 Cups mixed chopped vegetables  
(Carrot, cabbage, capsicum, tomato)
- 30g Wakame seaweed
- 2 Tablespoons Turmeric
- Handful of parsley



### Method:

- 1- Add all ingredients into a large soup pot, bring to the boil and then simmer covered for at least an hour.
- 2- Once mixture has cooked for desired time, remove from heat and strain the liquid.
- 3- Serve warm with some fresh herbs or cool and refrigerate or freeze in an airtight container for a later day.

Aim to consume 1-2 cups per day.



## *Stewed Apple & Cinnamon*

When your gut is inflamed, leaky, full of gas or in any way less than great, this recipe is for you. The pectin in the apples feed the healthy bacteria in your gut and is utilised as fuel to regenerate cells with the GIT. Pectin also binds with heavy metals to help eliminate them from your body.

### Ingredients

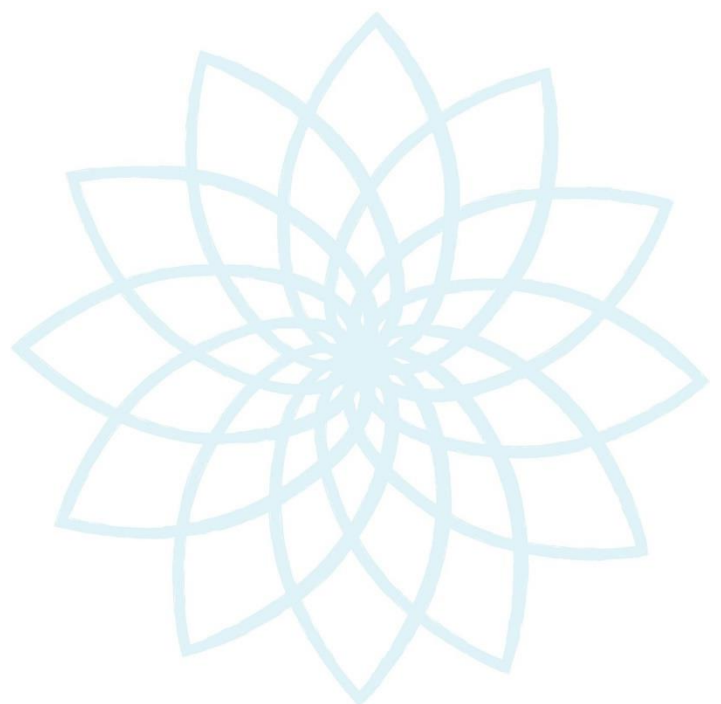
- 6 organic apples
- ½ cup of filtered water
- 2 tsp cinnamon
- 1 tsp of raw coconut oil



### Method

1. Wash, core and dice up the apples with the apple skin left on
2. Place all ingredients into a pot
3. Cook for 15 minutes, covered, stirring regularly until the apples are soft
4. Allow to cool slightly and consume immediately
5. Refrigerate or freeze the rest in individual portions

Aim to have 1 portion a day



## Healing vegetable soup

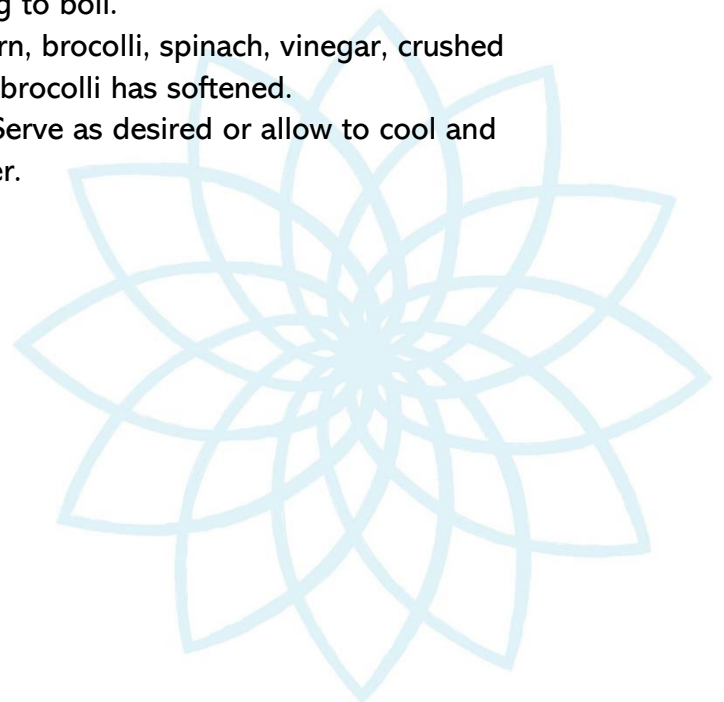
Ingredients: Always aim for organic where possible

- 1 Tablespoon coconut oil
- 1 Brown onion chopped
- 2 Garlic cloves smashed
- 3-4 celery stalks chopped
- 2-3 Carrots chopped
- 1 Leek
- 1 Large potato
- 1 cup chopped mushrooms
- 2 Tomatoes
- 1 Broccoli head
- 1 Corncob
- 2 Cups roughly chopped spinach
- 1 Tablespoon apple cider vinegar
- 1 Tablespoon Turmeric
- 1 Teaspoon thyme
- 1 Teaspoon rosemary
- 2 Litres vegetable broth
- Handful of parsley



### Method:

- 1- In a large pot add coconut oil, mushrooms and onion and cook over medium heat.
- 2- Once onion begins to soften add chopped potato, carrots, leek and celery to pot and continue to cook for 3-5 mins
- 3- Add vegetable broth, turn heat up and bring to boil.
- 4- Turn pot down to simmer add tomatoes, corn, broccoli, spinach, vinegar, crushed garlic and herbs and continue to cook until broccoli has softened.
- 5- Allow soup to cool slightly before serving. Serve as desired or allow to cool and store in airtight container in fridge or freezer.



## *Jurmeric Latte*

High in anti-inflammatory and immune-boosting properties.

### Ingredients:

- 1 cup coconut milk
- ½ Teaspoon ground turmeric
- 1 half inch slice fresh ginger root, peeled and finely chopped
- ½ teaspoon ground cinnamon
- ½ teaspoon raw honey or maple syrup to taste.



### Method:

Combined all ingredients into a high-speed blender until smooth. Pour mixture into small saucepan and heat over medium heat until hot (3-5 minutes).

## *Kombucha*

A fermented, low sugar, easy to make probiotic beverage, which once first fermentation is completed a range of flavours can be created.

### Ingredients for basic Kombucha:

- 1 Litre of filtered water
- 4 organic tea bags or 1 tablespoon of loose tea leaves (black, green, white, oolong)
- 3 tablespoons of raw sugar
- 3 Tablespoons of Kombucha starter culture liquid
- 1 Kombucha mother or SCOBY

### Method: Primary fermentation:

- 1- Bring 500ml of water to a simmer, remove from heat into a teapot or heat proof container.
- 2- Add tea leaves or teabags to water a steep for 3-5 mins.
- 3- Strain tea into a 1.5 litre wide mouth, heat proof glass jar and add remaining 500ml of water.
- 4- Once liquid has cooled add in starter culture and kombucha mother and cover with cheesecloth or muslin and secure with rubber band.
- 5- Place jar out of direct sunlight in a cool place and leave to ferment for approx. 4 days in hot weather or 14-20 days in cooler weather.
- 6- Once kombucha has fermented to desired level, remove mother to re-use or rest with 3 tablespoons of liquid to create the next starter culture for next brew.
- 7- Pour kombucha into a glass bottle with a tight-fitted lid, straining if desired.

### Secondary fermentation:

This is where you can get creative, adding a wide variety of different fruits and flavours such as apples, berries, stone fruits, ginger, lemon, hibiscus or guava.

Add chosen flavours to the tightly sealed bottle and leave on the bench to build carbonation, this could take 2-14 days depending on temperature. Remembering to burp the kombucha daily to reduce pressure. Once desired level of 'fizz' has been achieved, place in the fridge to slow fermentation process and enjoy!