

Healthy Gut Recipes

GRANOLA

Ingredients:

- 12 c. rolled oats (Certified Gluten Free if sensitive to gluten)
- 3 c. coconut. (I prefer the coconut that is unsweetened and in large flakes)
- 2 cups nuts and seeds. Chop nuts. (almonds, pecans, cashews, walnuts, macadamia, filberts, brazilnuts, sunflower, pumpkinseeds, sesame, etc.)
- ¼ cup oil (cold pressed sunflower, coconut oil)
- ¾ c. honey
- ½ to ¾ cup dried fruit (cranberries, raisins, etc.)
- Variations: To change the flavor you can add: 1 tsp. cinnamon, vanilla, almond extract, orange extract, cardamom, nutmeg, other spices.

Directons:

Preheat oven to 325 degrees.

Place oats, coconut, nuts, seeds, oil, and honey in roasting pan. Mix all ingredients with your hands until well mixed. Bake for 30 minutes, then stir. Bake for 15 minutes then stir. Bake for 10 minutes then stir. Bake for 5 minutes and stir. Granola is complete when golden brown.

Remove from oven. Stir in dried fruit.

Eat.

- Can be eaten with milk, kefir or yogurt of any sort: cow, goat, almond, oat, rice, hemp, coconut, etc.
- Great with fresh fruit or applesauce too.
- Can add flax or hemp seeds to boost omega 3 fatty acids.
- Can cook with water to eat as a hot cereal. Typically about 2.5 parts water to 1 part granola. Takes about 15 minutes. (If you soak it overnight, takes about 5 minutes to cook.)
- It tastes great uncooked too!

Liz Lipski, PhD, CCN

YOGURT

It's simple to make delicious yogurt at home for a fraction of the cost.

Timeframe: 8-24 hours

Special Equipment:

- Quart/liter jar
- Insulated Cooler or Yogurt Maker

Ingredients: (enough to make 1 quart):

- 1 quart or liter of whole milk*
- 1 tbsp/15 ml fresh live-culture plain yogurt. You can buy yogurt or use some from your last batch.

* You can use 2% or skim, goat milk, or canned coconut milk. Fresh or raw milk from a reputable source makes a delicious and even more healthful yogurt.

Process:

1. Preheat the jar and insulated cooler with hot water so that they will not drain heat from the yogurt and it can stay warm to ferment.
2. Heat the milk until bubbles begin to form. If you use a thermometer, heat milk to 180° F (82° C). Use gentle heat, and stir frequently to avoid burning the milk. The heating is not absolutely necessary, but it results in a thicker yogurt.
3. Cool the milk to 110° F (43° C), or the point where it feels hot, but it is not hard to keep your (clean!) finger in it. You can speed the cooling process by setting the pot with the hot milk into a bowl or pot of cold water. Don't let the milk get too cool; the yogurt cultures are most active in the above-body-temperature range.
4. Mix starter yogurt into the milk. Use just 1 Tbsp (15 ml.) per quart. I used to use more starter, assuming that more is better, until I consulted my number one kitchen book, *The Joy of Cooking* (1964 Edition), known affectionately as "Joy" in our kitchen. "you may wonder why so little starter is used and think that a little more will produce a better result. It won't. The bacillus, if crowded, gives a sour, watery product. But if the culture has sufficient Lebensraum (German for "room to live"), it will be rich, mild, and creamy." Mix the starter thoroughly into the milk, and pour the mixture into the preheated jar.
5. Cap the jar and place it in the pre-heated insulated cooler. If much space remains in the cooler, fill it with bottles of hot water (not too hot to touch) and/or towels. Close the cooler. Place the cooler in a warm spot where it will not be disturbed. "Yogurt has the added idiosyncrasy that it doesn't care to be jostled while growing," note *Joy*.

6. Check the yogurt after 8-12 hours. It should have a tangy flavor and some thickness. If it isn't thick (hasn't "yoged"), warm it up by filling the insulated cooler with hot water around the jar of yogurt, adding more starter, and leaving it 4 to 8 more hours. You can leave it to ferment longer if you wish. It will become more sour as more of the milk's lactose is converted into lactic acid. A longer fermentation period can often make yogurt digestible even for lactose-intolerant individuals.
7. Yogurt can store in the refrigerator for weeks, though its flavor will become more sour over time. Save some of the yogurt to use as a starter for the next batch.

Recipe used with permission from: Sandor Katz's *Wild Fermentation*, Chelsea Green Publishing, 2003, p. 76-77. www.wildfermentation.com

Variations on making yogurt: You can see from the recommendations below that yogurt is pretty forgiving...and that there is a lot of variety in ways that people make it.

- You can also make yogurt in a yogurt maker.
- You can take a quart jar and put it on top of your yogurt maker, then cover the entire thing with a bowl to keep it insulated.
- I've covered a jar with a towel and put it into a gas oven with the pilot light on.
- Wrap a heating pad around it. Set heating pad on low. Cover with a towel.
- I've also left jars near heating vents covered with a towel.
- One of our participants just pours milk into a jar, adds yogurt, and puts it into her hot tub for 12 hours.
- Another participant makes soy yogurt. She Adds guar gum and agar to help give it a thicker consistency.
- And still another just heats half of the milk, then mixes it with the hot milk so she doesn't have to wait for it to cool.
- You can add a touch of your favorite probiotic. Just add a bit so that the probiotics have room to stretch out.

KEFIR

Ingredients

1 tablespoon kefir grains

1 quart milk**

*You can purchase kefir grains at many health food stores or at www.bodyecology.com. As people make kefir, they make large amounts of kefir grains. These can be split so that you can get some from a friend or give some to a friend.

**You can use cow, goat, coconut, yak, or other types of milk. Dairy products can be pasteurized, raw, skim, 2% or whole milk. For someone who is extremely sensitive, you can even make kefir from water. Use 1 quart of water, 1/3 cup of organic brown sugar, and 1 tsp of molasses along with 1/4 cup of kefir grains.

Directions

Put the kefir grains and milk into a glass jar. Cover tightly. Set out at room temperature for 12 to 24 hours. It takes less time in warm weather than in cold weather. Put in a place that is not in direct sunlight.

Shake the kefir gently a couple of times if you remember.

When the kefir is ready, you will see kefir grains coagulate at the top of the jar. Separate these grains and put into a separate container for your next batch. You can strain the grains out by using a strainer or colander.

Kefir will last 3-4 weeks in your fridge.

Kefir is a traditional cultured milk product. Kefir typically has between 9-12 or more bacterial strains of probiotics and is also rich in prebiotics. It also typically has beneficial yeasts such as *Saccharomyces kefir* and *Torula kefir*. I find that kefir is better tolerated by most people who are sensitive to dairy products than yogurt is.

It aids in digestion, helps keep gut microbiota in balance, and has all of the many benefits of probiotic rich foods such as making B-complex vitamins, vitamin K, and acting as an immune modulator.

Liz Lipski, PhD, CCN

BONE BROTH

Ingredients

Bones from poultry, fish, beef, lamb, shellfish or whole chicken or whole carcass (remove meat when cooked – about 1 hour)

8-10 cups of water

1-2 Tbsp of lemon juice or vinegar

1-2 tsp salt

½ tsp pepper

2 Carrots

1 onion

2 stalks celery

½ c. fresh Parsley chopped or 2 tbsp dried parsley

1-2 tsp sage

1-2 tsp rosemary

1-2 tsp thyme

2-3 bay leaves

2 Tbsp raw apple cider vinegar or 1 lemon

Directions

Put all ingredients into pot. Bring to boil.

Let simmer on low for several hours (4-24) or in crock pot on low.

Remove bones and skim off fat.

Uses for broth:

- Use as stock for soup.
- Drink as a warm beverage.
- Use as the cooking liquid for vegetables and grains.
- Make gravy from the fats.

Liz Lipski, PhD, CCN

CRANBERRY OR BLUEBERRY MUFFINS (GRAIN FREE/SCD)

This not too sweet treat is as healthy as it is delicious. Eat these with ghee butter, honey, or Cream Cheese*, or sprinkle with cinnamon.

Ingredients

3 cups of almond flour*
½ t baking soda
¼ t salt
1 tsp ground cinnamon
1 ½ C blueberries or cranberries (frozen or fresh)
½ t pure vanilla extract
½ C honey
3 eggs

*I typically make my own almond flour by putting it into the blender or coffee grinder or the container of my hand blender. You can also buy almond flour. It's more expensive than making your own. You could also use pecan or other nut flour.

Directions

1. Heat the oven to 325 degrees. Line a muffin tin with large baking cups.
2. Combine the almond flour, baking soda, salt, and cinnamon in a bowl.
3. Combine the cranberries, vanilla, honey, and eggs in another bowl.
4. Add the dry ingredients to the wet and mix well.
5. Evenly fill each baking cup with the batter
6. Bake for 18 to 20 minutes

Used with permission from Grain-Free Gourmet by Jodi Bager and Jenny Lass.

www.grainfreegourmet.com

GHEE (CLARIFIED BUTTER)

Ingredients

1 pound unsalted organic butter

Directions:

Using a medium saucepan, heat butter on medium heat.

The butter will melt and then come to a boil. You will hear the butter snapping and crackling as it boils.

It will begin to foam at the top. Remove the foam with a spoon and toss it out.

After about 15-20 minutes you will hear the "voice" of the ghee change. It will get quieter. You'll see the oil become clear rather than cloudy.

Take it off the heat and strain it through cheesecloth or use a metal coffee filter and filter paper. You can wait 15 minutes or do this immediately. It's hot so be careful.

Put into a ceramic, glass or stone bowl and cover.

This ghee will last for about a year unrefrigerated.

Ghee is another name for clarified butter and is a traditional healing food in India. It is made by heating butter until it liquefies into a golden liquid. The milk solids are removed, making it suitable for those who are lactose intolerant. You can also buy it in health food stores and Indian markets.

Ghee contains a combination of saturated and unsaturated fats. About two thirds of its fat content is saturated, and one third is mono- and polyunsaturated. Of the saturated fat content, most of it is of the short-chained variety (including butyric acid), making it easily digestible. Ghee also contains antioxidants, conjugated linoleic acid, and fat-soluble vitamins A, D, E, and K.

Traditionally ghee has been used for ulcers, constipation, wound healing, and to sooth the digestive tract. It is used as a carrier for fat soluble herbs and roots, such as turmeric. It can be eaten as a food or used as an external salve.

Liz Lipski, PhD, CCN

BETTER BUTTER FOR THE GUT RECIPE WITH GHEE

Better Butter Recipe

- 1 small jar (1/2 lb) organic GHEE, softened at room temperature
- 1/2 cup olive oil, extra virgin, cold pressed
- 3 teaspoons friendly bacteria *B.bifidum* (suggest *Bifidus* powder) (Lipski suggests changing to *L. plantarum*, or a combination of *Bifidobacterium* and *Lactobacilli*.)
- 3 teaspoons colostrum powder
- 2 teaspoons L-glutamine powder
- 6 tablets zinc carnosine, crushed to powder
- 1 tablespoon raw honey or agave nectar, organic preferred (OPTIONAL)

Mix with a whisk or food processor briefly until evenly mixed. Refrigerate. It will store in the refrigerator for about 2 weeks. Use 1–2 tablespoons. daily on cool, cold, room temperature, or warm food as a butter substitute. Good on warm vegetables, brown rice, and winter squash. Enjoy!

Description of ingredients:

Clarified Butter: This is a rich source of butyric acid, which is a short-chain fatty acid that supports the health and healing of cells in the small and large intestines and serves the natural processes of aerobic energy metabolism. Short-chain fatty acids can have the protective ability of impeding the proliferation of damaging cells in the colon, and they have been associated with helping to maintain healthy blood lipid and sugar levels.

L-Glutamine: The gastrointestinal tract is by far the greatest user of glutamine in the body; the cells in the intestine use glutamine as their principal metabolic fuel. Most of the research on glutamine is connected to maintaining intestinal permeability.

Colostrum: Immune factors in colostrum can help balance and support a healthy immune system; which is the key to good health.

Zinc Carnosine: A specific chelate of zinc known as zinc carnosine has been used as an antiulcer/mucosal healing drug in Japan for several years. It has demonstrated prevention of stress-induced ulcers.

Recipe provided by Sam Queen, Institute for Health Realities, Colorado Springs, CO.

www.healthrealities.com

RAW FLAX CRACKERS

Ingredients

2 cups flax seeds
1 red bell pepper
½ cup sun-dried tomatoes
2 cups fresh tomatoes
Juice of 1 lemon
1 clove of fresh garlic +/- ½ large onion, chopped

Directions

Blend all ingredients together in a food processor. Add water if a little too dry.

Press mixture flat onto a Paraflexx sheet into a large square or rectangle, making sure that the mixture stands only 1/8 to 1/16 inches thick. (The thicker the cracker the harder to eat and the longer to dry).

Score the size of crackers you'd like with a knife or spatula before dehydrating.

Dehydrate around 115°F - 125°F overnight and flip over once one side is dry. Dry to completion.

Store in an airtight container.

Patrick Hanaway, MD

RICE CONGEE

Congee or rice porridge (also known as kanji, jook, chao, jok, kayu, bebaw, lugaw, jaou, sanbyohk in different countries), is a traditional Asian dish. It has long been used as a therapeutic and restorative food because of its simplicity and easibility of digestion. It is also utilized for diarrhea and vomiting.

It can be made plain, or ginger, meat, seafood, and bits of vegetables and/or pickles can be added to it. It's a common one-dish meal. In India a similar meal is made, called ganji, which is a bit thicker and sweeter.

Recipe

¾ cup of long grain rice
9 cups of water or broth
1 tsp salt

This can be made in a pot, rice cooker or slow cooker.

Add water and rice to a pot and bring to a boil. Leave lid partially open so that it can vent steam. Cook on low, stirring occasionally for about 1-1/2 hours. Add salt to taste.

Can add:

Nut butter, avocado, chopped nuts, pickles, ginger, fish, poultry, or meat, parsley, green onions, herbs, spices, dried fruit, astragalus root, burdock and other root vegetables, well-cooked beans, etc. The only limit to possibilities is your own imagination.

Variation:

Can make with brown rice or wild rice.

Liz Lipski, PhD, CCN

CASHEW MILK

Cashews are a softer nut, and therefore do not need to be soaked overnight to be able to blend smoothly as almonds or hazelnuts do. Use fresh cashew milk to pour over a cooked whole grain cereal for breakfast or use it to make fruit smoothies. I like to make this milk thicker by adding half of the water. I store it in a glass jar in the refrigerator and add it to spice tea with a little coconut sugar for a late night warming drink.

½ cup raw cashews

2 cups water

2 tablespoons maple syrup

pinch sea salt

Place all ingredients into a high-powered blender. Blend on high until very smooth. Taste and adjust sweetness if necessary. Store in a glass pitcher or glass mason jar in the refrigerator for up to 4 days.

Yield: 2 ½ cups

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CASHEW-COCONUT YOGURT

Add to pot:

2 cups cashew milk (see recipe)
4 cups canned coconut milk (no added sugar)
1 tbsp honey, maple syrup, or coconut sugar
1 tsp vanilla extract or no-alcohol glycerite

Bring to simmer. Watch carefully so it doesn't boil over.
Once it begins to simmer turn off the heat.

Whisk in:

1.5 tbsp Gelatin OR 1.5 tsp agar powder that has been dissolved into 1/2 cup
boiling water or 1 tsp pectin

Pour the liquids into a bowl and put that bowl into a larger one of cold (but not iced) tap water
to cool down to 92°F. Whisking helps it cool down faster.

*(Note: Omit this step if using agar powder, and let it cool down on its own so the agar powder doesn't get
lumpy)*

When you have reached about 92°F add the contents of about 9 probiotic capsules. *25 to 30
billion of any dairy-free probiotic.* Whisk them in well.

Ladle into jars and keep warm for about 10 hours.*

If there is a clear pool at the bottom after 10 hours, secure the lids tightly and shake the yogurt
to mix it in before refrigerating. *(Note: For agar option shaking isn't necessary)*

Refrigerate for 8 hours.

Optional: Put a drop or two of lemon extract on a spoon and stir into your jar of yogurt just
before eating it.

*Keep warm with a yogurt maker, by putting in an oven with a gas pilot light, in a cooler with
warm water, or even by putting it into your hot tub. (Liz Lipski notes.)

Recipe from: The Spunky Coconut Blog www.thespunkycocoanut.com and adapted by Whole
Life Nutrition® and Liz Lipski, PhD, CCN.