

Recipes

Granola

- 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.

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.)

Chicken Stock Recipe

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

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.

Better Butter for the Gut Recipe with Ghee

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. It may be purchased in health food stores.

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.

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 (suggest ***Colostrum*** powder)
- 2 teaspoons L-glutamine powder (suggest ***Glutamine*** powder)
- 6 tablets zinc carnosine (suggest ***Zinc Carnosine*** tablets), 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 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