

FUNCTIONAL GUT HEALING RECIPES

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Exposure to many things overtime wipe out the good bacteria in your gut, causing the microbiome to become depleted. The good news is that you can protect and nourish your gut by including probiotic and prebiotic rich foods in your diet.

Here are a few of my favourite gut healing recipes.



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BASIC BONE BROTH

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(Approximately 1 litre)

Bone broth is anti-inflammatory, rich in gelatin, which heals and seals the gut and supports your immune system. You can drink it straight up or use it for soups and stews.

METHOD

1. In a large pot or slow cooker, combine all ingredients.
2. If cooking on the stove bring to the boil before simmering for 6-12 hours.
3. While simmering, skim the broth to ensure it is clear and add extra water as required when broth evaporates.
4. Allow to cool before straining and retain only the liquid yield.
5. Serve warm with a pinch of Himalayan salt or use for recipes such as my Kale & Turkey Meatball Soup.

INGREDIENTS

0.5kg beef bones and/or 2 chicken carcasses (free-range and grass-fed)

Enough water to completely cover bones

2 tablespoons apple cider vinegar (this helps to extract the vitamins and minerals)

Vegetables such as carrot, onion, swede, parsnip, celery, turnip

LIVER PATE

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Did you know liver contains more nutrients, gram for gram, than any other food? Liver is rich in B-vitamins including vitamin B12 and folate. They are also rich in minerals, including iron, magnesium, selenium and zinc, and important fat-soluble vitamins like vitamins A, D, E and K.

METHOD

1. Heat oil in a large fry pan over medium heat.
Add liver & garlic, lightly fry for 5 minutes or until cooked through.
3. Add apple, spring onion, nutmeg and saute for another 2 minutes.
4. Place mixture into a blender and blend until smooth. Salt and pepper to taste.
5. Place in fridge for 4-5 hours before serving. Can be stored in the fridge for up to 3 days or freeze for 3-4 months.

INGREDIENTS

200g chicken or pork liver, cubed
 1/4 cup coconut oil
 1 medium spring onion, diced
 1 apple, peeled and diced
 pinch nutmeg
 1 garlic clove, crushed
 1 tablespoon bone broth concentrate (optional)
 Himalayan salt and pepper to taste

YOGHURT FLATBREAD

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This flatbread is lovely alongside my bone broth soup or as an appetizer dipped in olive oil, homemade hummus or liver pate.

METHOD

1. Combine flour, baking powder and salt in a mixing bowl.
2. Add yoghurt, using a spoon mix together.
3. Use hands to bring everything together (add a little more yoghurt or flour if too dry or wet).
4. Dust a clean work surface with flour, than tip out the dough. knead for a minute or so to bring it all together.
5. Put the dough back into flour dusted mixing bowl, cover and leave for an hour.
6. Dust a clean surface with flour again and divide the dough into about 10-12 equal pieces (roughly the size of a golf ball)
7. With floured hands pat and flatten the dough.
8. Add half the oil to a pan over low heat and fry the flatbread for about 2 minutes on each side until puffed up and brown. Add more oil when necessary.

Best when served immediately.

INGREDIENTS

- 1 cup spelt or emmer flour + extra for dusting
- 2 teaspoons baking powder
- 3 tablespoons Greek yoghurt
- 2 tablespoons olive oil
- Pinch of Himalayan salt

GREEN BANANA FLOUR PANCAKES

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Green banana flour is a great source of resistant starch. The reason it is so good for gut health, is that when resistant starch is consumed our gut bacteria eat up the fibres and produce short chain fatty acids like butyrate, which nourish our gut lining.

METHOD

1. In a medium bowl, add all ingredients and beat with electric mixer until well combined.
2. Heat coconut oil in pan over a low to medium heat. (banana flour should not be heated at high temperatures)
3. Pour small amounts of batter into the pan to make small pancakes.
4. Fry on both sides until golden.
5. Serve with desired toppings.

Enjoy!

INGREDIENTS

- 1/2 cup banana flour
- 1/3 cup spelt flour
- 1/2 teaspoon baking powder
- 2 free range eggs
- 1 tablespoon rice malt syrup
- 1/2 teaspoon organic vanilla extract
- 1/3 cup milk of choice
- Coconut oil, for frying

Topping Suggestions

- Berries, butter, rice malt syrup & cinnamon
- Yoghurt
- Nut Butter

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