

## 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)
- 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.