

Gut Healing Recipes



Fiona Stock

Paediatric Naturopath & Nutritionist



Coconut Water Kefir

Ingredients

1.5 litres 100% pure coconut water
Water kefir starter culture*

Directions

1. Place coconut water into a 2 litre sterilised glass jar and add either the
2. Stir the mix using a wooden spoon (never use metal utensils) and leave on the bench-top to ferment for 24-48 hours (24 hours for warm weather and 48 hours for colder weather). Taste the mix and it should be tangy and not sweet.

* Purchase Water kefir starter cultures online or at a health food store. Kefir are grain-like colonies of yeast and a potent source of a variety of strains of lactic acid bacteria. These help to restore and nurture the balance of friendly bacteria living in your child's gut. Through the fermenting period of approximately 24 hours, the micro-organisms in the grains multiply and feed off sugars producing lactic acid and various other acids and gases to make a powerful probiotic and delicious carbonated drink. Kefir grains are available in some health food stores or are readily available to purchase online.

Coconut water kefir is a sparkling drink and a healthy alternative to regular soft drinks that healthy kids will love. It's a supercharged powerful probiotic and excellent for improving digestive health and boosting immunity.



Fermented Carrot Sticks

Ingredients

4 medium sized carrots, peeled
and cut into sticks.
Filtered water
2 cinnamon sticks
Finely grated zest from 1 orange
¼ cup coconut water kefir or
starter culture*
Cabbage leaves

Directions

1. Place the carrots, cinnamon, orange zest and coconut kefir in a sterilised 1 litre jar. Add the filtered water so the carrots are completely covered by the liquid, leaving 3-4 cm of room at the top of the jar.
2. To weigh down the carrots so they stay completely submerged and don't float to the top and go mouldy, use a glass weight or fold a cabbage leaf and place over the carrots.
3. Seal the jar with the lid and leave to sit at room temperature for 3 days, before transferring to the refrigerator where they are ready to enjoy as a healthy snack.
4. When the jar is opened, the carrots can be kept in the fridge for up to 2 months.

* Purchase Water kefir starter cultures online or at a health food store.

Fermented veggies such as these delicious slightly sweet carrots sticks contain all the goodness friendly bacteria has to offer. These yummy carrots are easy to make and perfect to serve on their own or as a snack paired with hummus, guacamole or other yummy dip.



Bone Broth

Ingredients

- 1 whole free-range or organic chicken or 2 kg chicken carcasses
- 2 tablespoons apple cider vinegar
- 3 celery sticks, coarsely chopped
- 2 carrots, coarsely chopped
- 2 zucchinis, coarsely chopped
- 1 sweet potato, coarsely chopped
- 2 tablespoons coconut oil
- Filtered water, sufficient to cover

Directions

1. Brown the bones in a large saucepan with coconut oil – browning adds extra flavour (optional).
2. Place bones in a slow cooker or large saucepan.
3. Add the chopped vegies, apple cider vinegar which helps to draw the minerals from the bones and enough filtered water to cover all ingredients.
4. Bring to the boil and skim off the foamy bits that come to the surface.
5. Reduce the heat and allow the broth to simmer for the next 6 to 12 hours (a slow cooker works best). The longer the broth cooks the more nutrients are drawn from the bones.
6. Once cooked, allow to cool and strain through a fine sieve.
7. Pour the broth into silicon moulds (use medical grade) ready for the freezer.
8. The broth will keep in the fridge for 4 days and frozen for up to 3 months.
Never use a broth from the fridge after its 4 days old.

Meet Melbourne Naturopath Fiona Stock

Fiona is skilled at getting to the heart of childhood health challenges – helping to initiate lasting change.

Fiona Stock is a respected Paediatric Naturopath & Children's Nutritionist with a career spanning over 23 years. Armed with an abundance of experience and a true desire to transform your child's health, she'll listen closely to understand the underlying causes of their troubling condition.

Fiona gets to the heart of your child's presenting symptoms by deciphering what their body is trying to tell you. She will suggest simple and specific changes as well as herbal or nutritional medicine where required to nurture and restore your child, so they can enjoy the good health they deserve.

Deeply compassionate and highly skilled, either of the [Naturopathic Consultation Options](#) with Fiona is a wonderful investment in your child's health.

If you've tried everything and are yet to find solutions to your child's health challenges – this could well be the path to take.

