Courtesy of Aajonus Vonderplanitz

WHAT IS IT?

- Also called Butterball, this is a beverage that provides good fats, satisfies hunger and tastes great. It provides a nutrient dense beverage and may help with:

- Constipation
- Stimulating gallbladder and bile production
- Liver support
- Detoxification
- Gut healing due to high butyrate content
- Dry skin

WHAT ABOUT FOOD INTOLERANCES?

- Butter/ghee is simply the fat from dairy and contains negligible amounts of lactose or casein. Many people who do not tolerate lactose or casein have not problem with butter. However, listen to your body. You may use other fats instead such as coconut oil, apricot kernel oil, etc.
- We often find that those intolerant to eggs usually have a problem with the egg whites (protein) and not the yolks (fat). If egg whites are an issue, just use the egg yolk. Egg yolks are high in choline, Omega 3's and phospholipids and will not raise LDL (bad) cholesterol.

INGREDIENTS:

- ¼ - ½ cup butter, organic (can use GHEE if butter is not tolerated well)
- 1-2 raw egg (or yolk if egg whites are a problem)
- Juice of lemon or ½ grapefruit
- 1 tsp honey (to taste)
- Sea salt/Himalayan salt (optional)

METHOD

- Melt butter and mix with other ingredients. An immersion blender works great for this, but you can just use a whisk.

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VARIATIONS

- You can add flavouring such as vanilla, raw cacao, cinnamon or clove
- You may also add other gut nutrients such as probiotics, glutamine or colostrum in as well
- Other fats such as coconut oil, MCT oil or phospholipids may also be added
- Add peanut butter (organic) if you want to make it more calorie dense for weight gain

CAUTION

This should not be attempted without the supervision of your healthcare practitioner and caution is needed where possible blockages to bile ducts may exist. Always consult with a registered healthcare practitioner if you are not sure.

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