

Gut-Healing Coconut Broth Recipe

By Tu'uwata (thatmeanstruth.com)

Ingredients:

- 1 can (13.5–14 oz) full-fat coconut milk (BPA-free can, no additives preferred)
- 1.5–2 cups filtered water (adjust for desired thickness)
- 1 tsp fresh grated ginger or ½ tsp dried ginger
- 1 clove garlic, minced (optional if your gut is sensitive)
- 1 tbsp fresh lime juice or a few slices of lemongrass
- Pinch of sea salt or pink salt

Optional:

- ½ tsp turmeric powder or a small slice of fresh turmeric
- 1 tbsp chopped cilantro or parsley
- Pinch of black pepper (helps activate turmeric)
- 1 tsp MCT oil or olive oil (optional for extra healthy fats)

Instructions:

1. **Simmer the base**
In a small pot over low to medium heat, combine the coconut milk and water. Stir gently to blend.
2. **Add aromatics**
Stir in the ginger, garlic (if using), turmeric, and salt. Simmer gently (don't boil) for about 5–10 minutes, stirring occasionally.
3. **Add acid + herbs**
Turn off the heat. Add lime juice or lemongrass, and herbs like cilantro or parsley.
4. **Strain (optional)**
If you used lemongrass or large herb pieces, strain them out.
5. **Serve warm**
Sip slowly. You can drink it as-is or use it as a base for healing soups or to reintroduce food gently after fasting.

Note: Great after a 3-4 day fast to restart your gut health

Gut Tips:

- **No additives:** Make sure your coconut milk has just coconut and water—no gums or preservatives.
- **Garlic/pepper caution:** If you're very sensitive post-fast, skip the garlic and pepper until your digestion is stronger.
- **Anti-inflammatory bonus:** Turmeric and ginger reduce inflammation and support gut lining repair.
- **Hydration support:** You can add a pinch of Celtic sea salt or trace mineral drops to help rehydrate.