

## LIVER PATE

### Ingredients:

1 pkg thawed free range chicken livers rinsed (turkey, beef and duck can be used)  
1/2 - 3/4 stick organic grass fed butter  
3 - 4 cloves chopped garlic  
1 small onion sliced  
salt and pepper to taste

### Directions:

Heat butter in large skillet. Add all ingredients and cook on medium heat until juices are browned and sticking to pan (about 20 - 25 minutes). Remove from heat and allow to cool. Place all ingredients along with drippings in food processor or blender. Blend until smooth. Store in fridge for up to 5 days. Freezes well.

Liver provides high amounts of B vitamins along with iron, healthy fat, and healthy protein. Liver is used in the Gerson therapy for cancer treatment. Also helpful for other immune conditions.