



BONE BROTH INGREDIENTS

Organic bones
Lamb or Beef

OR bones from roasted
Chicken or Turkey

1 onion, *peeled*
1 leek, *washed*

1 parsnip
Handful of Kale

2 carrots, *peeled*
2 celery

½ cup apple cider vinegar
1 lemon, *peeled*

Your choice of Herbs
parsley, thyme, rosemary

2 Bay Leaves
Lemongrass

4 Garlic Cloves
2" Fresh Ginger

1 tablespoon Sea salt
or handful of seaweed

5-6 peppercorns
or ground pepper

Vegetable scraps /
Pulp from juicer, *optional*

BONE BROTH

Bone broth is an exceptional way to provide nutrients to those who are ill or failing to thrive. Broth is helpful for addressing gastrointestinal distress, immune system breakdown, joint issues, and for rejuvenation of the skin, fingernails and hair.

How to make a bone broth

The broth is made with the leftover bones from a roasted chicken or turkey, or you can go to the butcher and purchase lamb or beef bones directly. The long cooking times, combined with the addition of apple cider vinegar break down the various nutritional components within the bones and transfer them into the broth. Because of this, you should only use bones from **organic, pasture-raised animals** otherwise you will be pulling toxins out along with the minerals. This broth is a great way to use up any vegetable scraps that you have been accumulating along with any fibrous pulp that you may have left over from juicing (both of which can be stored in the freezer until you are ready to use them). The recipe can be varied depending on your preferences and the vegetables and herbs that you have on hand.

DIRECTIONS

Fill the pot with filtered water to cover all of the ingredients and turn on a high heat until it reaches a boil. Reduce to a very low simmer with the pot covered. Cook for at least 24 hours for chicken/turkey, and at least 48 hours for beef or lamb bones. The longer the bones are cooked, the more nutrients will be transferred into the broth.

When cooking is complete, strain your broth. At this point the broth is ready and can be eaten as is, or can be used as a base for a soup or stew. You can also cool and split into individual portions. This freezes well.

Note: When broth cools, there will be a gelatinous film or crust on the broth. Do not throw this away, as it is where much of the nutrients are. It will blend into the broth when reheated. It is recommended to have 1 cup of broth a day.

