



BONE BROTH

Bone broth is one of the most healing foods you can consume! It is rich in nutrients like gelatin and glycine which help to protect and heal your gut lining, skin and digestive tract. It may be consumed as often as you wish throughout the day. Beef bones can be re-used a couple of times until they become soft but chicken bones should be used only once. You may include any type of vegetables or herbs such as carrots, parsnips, cilantro, cabbage, etc. Use organic ingredients whenever possible.

Do not skip the apple cider vinegar in this recipe as this is what draws the minerals out of the bones and into the broth. Do not decrease cooking time as this will lower the mineral content and health benefits of the broth.

BEEF BONE BROTH:

Ingredients:

Beef bones with marrow
water to cover bones
3 tbsp organic raw apple cider vinegar
2 Bay Leaves
Sea Salt or Himalayan Pink salt and Ground Black Pepper
vegetables of choice

Directions:

1. Place all ingredients in crockpot or regular stock pot. Add in water until bones are covered.
2. Bring to a boil and cook on medium heat for 2 hours and then simmer for 36 to 48 hours.

CHICKEN BONE BROTH

Ingredients:

Chicken necks and feet
Water to cover
3 tbsp organic raw apple cider vinegar
Sea Salt or Himilayan Pink salt and Ground Black Pepper
2 Bay Leaves
garlic cloves
Vegetables of choice

Directions:

1. Place all ingredients into crockpot stock pot and add enough water until chicken is submerged
2. Bring to a boil and then lower heat to simmer for 24 hours