

Nutrient Rich Bone Broth

Bone broth is nutrient dense, tissue healing and immune system boosting, and should be part of all healing programs. It is easy to make at home and can be enjoyed as a hot drink in a mug or used to make a delicious soup.

The secret to bone broth is cooking the bones at a very low temperature in order to allow the bones and cartilage to release amino acids including glutamine and glycine, mineral and gelatine.

To make a soup using your broth, add chopped vegetables, meat, rice/quinoa/lentils and spices and cook on low for 3 to 4 hours. It is important to cook it on low in order to preserve the nutrients.

Ingredients	Instructions
<ol style="list-style-type: none"> 1. Bones from 1 or 2 chickens or 1 turkey - you can get these from your leftover chicken or turkey, from your local butcher or farmer's market. Try to use bones from organically raised chickens. You can also use beef bones. If you are using raw bones, you can improve the flavour of your broth by roasting them for 30 minutes at 350F. 2. 2 Tbsp Apple cider vinegar (this will help the bones release more minerals). 3. 2 to 3 bay leaves (optional) 4. Salt and pepper to taste (to add after cooking). 	<ol style="list-style-type: none"> 1. Place bones in large pot and fill with water until there is 2 to 3 inches of water above your bones. 2. Add Apple cider vinegar. 3. Turn stove on to low and cook at this temperature for up to 24 hours. Do not bring your broth to a boil as this will destroy many of the nutrients. 4. During the first 3 to 4 hours, check your broth to remove any impurities or foam that float to the surface. 5. Remove from heat and let cool slightly. Remove bones, keep any meat and discard bones. Strain your broth to remove any pieces of bone or any impurities that are left behind. 6. Store your broth in the refrigerator for up to 5 days or freeze in individual portion sizes using a silicone muffin tray.