

Bone broth: nourishing traditions



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Bone broth – health food’s newest trend isn’t actually new at all! Our ancestors made this traditional, nourishing, easy to digest, nutrient-dense food to power through tougher times. The key to nutrient-rich bone broth is in the quality of the ingredients. You can make bone broth with chicken, beef, lamb, turkey, bison, venison or fish. Choose preferably organic or free range bones.

BENEFITS OF BONE BROTH:

- Supports digestion and absorption
- Promotes healthy gut integrity
- Assists in liver detoxification
- Promotes healthy hair, skin and nails
- Reduces inflammation
- Protects bones and joints
- Boosts the immune system
- Encourages healthy sleep
- Boosts energy and mood
- Promotes weight loss



Put the chicken carcasses in a pot with 4 litres of water. Add 2tbsp apple cider vinegar and vegetables of your choice such as celery, carrots, onion, garlic and leeks. Bring to the boil. Reduce to a simmer, cover and cook for 6 to 24 hours. The longer you leave it to slow-cook, the more nutritious it is. Once cooked, strain the vegetables and bones from the broth. Add mineral rich sea salt to taste, drink as a hot beverage or use in stews and soups. Store in the fridge 5-7 days or freeze for up to 6 months.

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