

Bone Broth Recipe:

- Any bones from meals that you have had – place in a bag in the freezer until ready to use. Chicken bones, turkey necks, chicken feet. Beef soup or marrow bones.
- Other ingredients – 1/3 cup Organic Apple Cider vinegar (it will have sediment called the mother)
- Vegetables (optional) – scraps, sliced carrots, celery, kale.
- Optional – organ meat, 1 tablespoon turmeric, 1 tablespoon black pepper corns (in cheesecloth or a tea ball for easier removal later) (black pepper is a synergist to the turmeric and makes the turmeric more bioavailable)

Put the ingredients in a crockpot and cover with water. Cook on low for 3-5 days. During the last hour of cooking add a bunch of parsley (to pull out additional minerals from the bones). Chicken or turkey bones may completely dissolve during cooking, just remove any large pieces.

Let cool and remove the fat layer. Remove the bones and discard. The rest can be put in containers and stored in refrigerator for up to 5 days. If you are not going to use it all in 5 days, it can be frozen in 1-week allotments.

Bone Broth Benefits:

- Animals with sensitive stomachs or that are ill
 - Easy to digest
 - Soothing to the gut
 - Supports healing
- Supports liver detoxification
- Glycosaminoglycan sources – connective tissue precursors
- Joint support
 - Gelatin
 - Glucosamine sulfate
 - Chondroitin sulfate
 - Nutrients that support joint/connective tissue
- Makes kibble easier to digest*
- Spares water/fluid*
- Makes it easier to transition to new foods
- Ideal for young, sick, senior animals
- Animals with food allergies/sensitivities – supports gut healing improved immune function, reduced inflammation

*Dry kibble robs the body of fluid. The body needs to rehydrate kibble in order to digest it properly.

Bone Broth Contains:

Amino Acids	Vitamins	Minerals	
Arginine	C	Calcium	Silica
Glycine	D	Magnesium	Sulfur
Glutamine	K	Potassium	Trace minerals
Proline	Thiamine		

When making bone broth for people you can add onions and garlic.