




Digestive & Immunity Boosting Bone Broth

 8 ingredients  12 hours  4 servings

Directions

1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for 8-12 hours. Check after 5-6 hours, and add more water if needed, to maintain a full pot.
2. After 8-12 hours, strain the broth through a strainer or mesh sack for a clear broth. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

Notes

Low FODMAP Omit garlic and onions.

Bone Broth for Digestive & Intestinal Health Bone broth is rich in minerals that support the immune system and contains compounds like collagen, glutamine, glycine and proline that help tissue regeneration and recovery, and restore gut lining and reduce intestinal inflammation.

Ideas for using your bone broth 1. add rice, chicken, veggies, etc to make a soup or stew 2. tired of dry boring chicken? Pour over your grilled chicken to give it extra flavor and moisture 3. add 1/2 cup to your smoothie daily 4. warm it up and drink it in a cup on a cold day, like an herbal tea 5. tired of plain steamed veggies? Pour chicken broth over your veggies to make a nourishing veggie soup

Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones, could also use beef bones)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water (fill slow cooker or pot to almost full)

24 Calories

Per Serving	% Daily Value
Fat 0g	0%
Carbs 5g	2%
Fiber 2g	8%
Sugar 3g	0%
Protein 1g	2%