

## Bone Broth

Nourishing bone broth is rich in a whole spectrum of nutrients, particularly collagen and gelatin, which may be beneficial for healthy skin and digestive system.

The collagen, glycine and other components in bone broth help restore the gut lining, reduce inflammation and can help support a leaky gut. Since about 80% of the immune system resides in the gut, sealing the gut wall to prevent food particles entering the bloodstream can help the body tackle food intolerances and allergies including hayfever.

Bone broth is also rich in glucosamine, which helps improve joint health. It is also abundant in minerals such as calcium and magnesium, which are in the ideal form for the body to absorb easily.

If you don't want to make your own bone broth, have a look at these ready made bone broths.

[https://pipersfarm.com/search?type=product&q=bone%20broth\\*](https://pipersfarm.com/search?type=product&q=bone%20broth*)

[https://www.coombefarmorganic.co.uk/products/166-organic-beef-bone-broth-330ml-pouch?v=233&gclid=CjwKCAjwmdDeBRA8EiwAXlarFgmhdZ-oSgJMeLkeb2g2AtmeHcGUe8EMJDvi6laovQoFBOOrLxpoyNhoC6ccQAvD\\_BwE](https://www.coombefarmorganic.co.uk/products/166-organic-beef-bone-broth-330ml-pouch?v=233&gclid=CjwKCAjwmdDeBRA8EiwAXlarFgmhdZ-oSgJMeLkeb2g2AtmeHcGUe8EMJDvi6laovQoFBOOrLxpoyNhoC6ccQAvD_BwE)

See next page for recipe

# Nourishing Bone Broth Recipe

(Makes 6-7 portions)

## Ingredients

4 lb (roughly) beef bones with marrow (or chicken, if preferred)  
Add in offal for extra nutrients  
1 tbsp apple cider vinegar  
18-20 cups cold water  
2 carrots, roughly chopped  
2 sticks celery, roughly chopped  
3 whole cloves garlic, peel on  
1 onion, sliced in quarters, peel on  
2 bay leaves  
2 tsp mixed dried herbs  
1 tbsp freshly chopped parsley  
2 tsp sea salt  
1 tsp whole peppercorns

## Instructions

1. Place bones into a slow cooker, crock pot or pressure cooker pot (switched off)  
Add water and apple cider vinegar, then leave to soak for at least 20min so the vinegar starts breaking down the bones. (Make sure the water fills no more than 3/4 of the pot if using pressure cooker)
2. Add the remaining ingredients.
3. If using a pressure cooker, turn on manual setting + set timer to 120 mins. If you are using a crockpot, bring to boil on the stove and leave to simmer for 24-48hrs. (Alternatively, you can slow cook in the oven.)
4. Allow to cool, discard bones and any other solids you don't want to leave in, using a sieve. (you can leave the veg in and blend it all up together in batches, using a Nutri Bullet.)
5. Store in fridge for up to a week, or pour into jars and freeze for later.
6. Drink 2-3 cups daily

Information and recipe from G & G Vitamins