

Bone broth:

Start with bones from a healthy grass fed/organic animal.

Bones full of cartilage, like knucklebones, are best.

Or, use a carcass of a roast chicken.

First roast uncooked bones in the oven - for good flavor.

Put the bones in the bottom of a crock pot. (approx 2-3 lbs)

Put a few Tbsp of cider vinegar in. This helps leach the nutrients out of the bones.

Add in any spices you wish.

(I add salt AFTER- to my final product)

Fill the crock pot up with filtered water.

Cover.

Put on HIGH and bring to a boil.

Turn down to low/med so it has a slow rolling simmer for about 24 hrs or so.

Throw away the bones.

Pour broth through strainer into individual mason jars & store in fridge.

Or, use right away for soup.

Heat up broth, salt to taste, and enjoy the health benefits!!!

Fat/tallow:

The fat will solidify on the top when refrigerated.

Just skim-off & toss before heating.

If the bone broth gels-up, that's fantastic! (Your bones had lots of good collagen.)

If it doesn't gel, it still has plenty of vitamins & minerals.

I have a cup of broth about every 2 or 3 days. If I feel like I'm getting sick, I have more. It's basically why "Grandma's chicken soup" was healthy!!!

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