



Dr. Plank's Norwin Wellness

Where your motivation and desire to change leads to success!

How to Make Immune Boosting Bone Broth!

Use organic or the best ingredients possible:

- 3-4 pounds chicken or beef bones
- 2 chicken feet (optional, can use packaged gelatin)
- 3-4 cups chopped vegetables (onion, celery, carrots, herbs)
- 2 cloves of garlic
- 1 tsp black peppercorns
- 2 tbs. apple-cider vinegar

Directions:

1. Place ingredients in 6-qt slow cooker and completely cover with cold water. Add water as broth is cooking to keep ingredients covered by about an inch of water.
2. Cook on low for 24-48 hours. The longer it cooks the more collagen, gelatin and nutrients the bones release.
3. Strain the broth.
4. Pour the broth into containers to cool and store in the refrigerator for up to a week or in the freezer for up to 3 months.

Enjoy sipping the broth or use it as a base for soups or to liven up other dishes.

Let me know what you think!

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I have a plan to turn your motivation into success!

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