

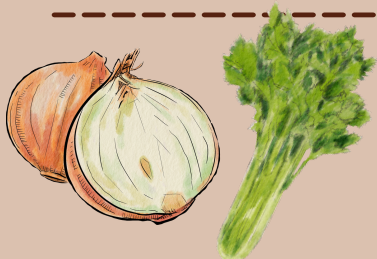
# Nutrient Dense BONE BROTH

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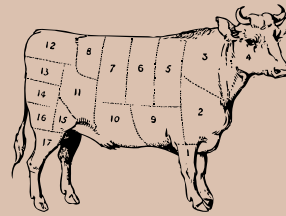
Slice 1 medium to large onion. Size of the slices don't matter! Leave the skin and roots attached!



Add in 3-4 long carrots and 3-4 celery stalks. Chop to desired size. Also, add 3-5 garlic cloves to taste. You can dice, mince or throw in whole.



Get good quality beef bones, preferably from a local farm! Add 2-3 bones based on size.



Don't forget your spices! This can vary based on what you like - rosemary, thyme, cayenne, salt, pepper, etc.

Anti-inflammatory and can act as a remedy to the common cold.

Can help reduce blood pressure and boost mood.

Easy for our bodies to absorb and digest. Excellent for gut health!



Rich in calcium, magnesium, phosphorus, sulphur, trace minerals, and more.

Reduces stress, full of amino acids, assists in weight loss, and increases energy.

Can be sipped on like a warm cup of tea, used in soups, used to cook rice, added to hot chocolate, and more!

Put in all your veggies, spices, bones and a splash of apple cider vinegar into your instant pot. Fill with filtered water to the "fill" line. Set to cook for 4 hours on HIGH. Release pressure, strain the broth from the veggies, let cool to room temp and put in mason jars before placing in your fridge or freezer! ENJOY!