

Food Therapy

NEWSTALK

610
C K T B

Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Bone Broth

- 4 large beef bones, preferably with knuckle and/or meat
- 1 tsp sea salt
- 6 peppercorns
- 2 bay leaves
- 2 tbs apple cider vinegar
- 2 large handfuls of frozen vegetable scraps

Place the bones in a slow cooker. Fill the slow cooker with filtered water to an inch from the top. Turn the slow cooker to high and add the sea salt, peppercorns, bay leaves and apple cider vinegar

When the water begins to bubble, turn the slow cooker to low and simmer for 24 to 48 hours. Check every 8 hours or so and top up the water when necessary.

An our or two before finishing, add the frozen vegetable scraps. Cook for an hour or two longer and turn off the slow cooker.

When cool enough to handle, strain, fill freezer containers and allow to cool in the refrigerator. Remove the fat cap over top of the chilled bone broth and freeze.

Makes about 6 to 8 litres of bone broth.



Recipe courtesy of Food Writer, Cookbook Author and Nutritionist, Lynn Ogryzlo

Episode: The Magical Elixir, Bone Broth

Email Lynn with questions or comments at FOOD101program@gmail.com

What You Eat Matters!