

The amino acids and anti-inflammatory bone broth benefits make it a powerful immune-system booster. Heal your gut and boost your mood.

Super Immunity Broth



Prep 10 minutes/25-30 minutes to roast bones

Servings 16 cups

Calories per cup 16 kcal

Ingredients

- 1 gallon of Filtered/spring water
- 2-4 large Beef or Chicken Bones (do not use if vegan/vegetarian)
- 2 Celery Stalks (chopped)
- 2 Carrots (Peeled and chopped)
- 2 cloves Garlic (chopped)
- 1 White Onion (chopped)
- Himalyan or sea salt (to taste)
- Black pepper (to taste)
- 1 tsp Turmeric powder
- 2-4 tbsps Apple Cider Vinegar
- Fresh Lemon Juice
- 1 bunch Cilantro and Parsley
- Optional Pinch of Chili pepper flakes

Preparation

1. **Prep all the vegetables, wash, peel and chop (Celery, Carrots, Onion)**
2. **Oven 350 Degrees. In a roasting pan lined with foil or silicone mat, place the bones (If using) and roast for 30 minutes.** Transfer bones into cool water, add Apple Cider Vinegar. Let cool.
3. **In a large stock pot add bones, water and all the chopped vegetables. Bring to a boil.** Add the spices to taste. Once the water is boiling, turn down to simmer for the next 24 hours for chicken and up to 48 hours for beef. Check every 20 minutes for the first 2 hours to remove the film layer on the top. Continue to add more water to cover the ingredients if necessary.
4. **The last 30 minutes** add the cilantro, parsley, and garlic.
5. **Strain** the broth into bowls and add Lemon and pinch of chili (if you choose). Transfer leftovers into glass containers/jars, can be refrigerated for 5 days. You may also store in the freezer for later use.