

# Immunity Boosting Bone Broth

8 SERVINGS 12 HOURS



## INGREDIENTS

- 2 Whole Chicken Carcass (Preferably organic)
- 2 Carrot (peeled and chopped)
- 2 White Onion (diced)
- 4 stalks Celery (chopped)
- 6 Garlic (cloves, halved)
- 2 tbsps Apple Cider Vinegar
- 2 tsps Sea Salt
- 30 grams Parsley (chopped)
- 2.5 liters Water (Preferably filtered)

## DIRECTIONS

- 01 Place the bones in a large pan, pot or slow cooker. Add all remaining ingredients. Set heat or slow cooker to low and let cook for at least 12 hours.
- 02 After 12 hours, strain the broth through a strainer. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

## NOTES

### LOW FODMAP

Omit garlic and onions.