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## Dr. Christine's Bone Broth Recipe

Bone Broth is rich in Nutrients like Collagen, Amino Acids, and Minerals. It can support gut health, joint health, and promote healthy skin.

- Bones from Chicken, or animal Source you prefer (I.E. Rotisserie Chicken Carcass/Leftovers)
- Add Water until Bones are Covered
- Add ¼ C Vinegar (White or Apple Cider) And/or Lemon Juice
- Let Set for 30 Minutes
  
- Optional ingredients: Vegetables, Spices or Fruits of your Choice (No Onions, Garlic or Grapes)
- Cook on low for 12-24 hours (Crockpots work great)
- Strain Liquid and Let Cool
- Liquid will Gel up as it cools; This is due to the bone broth containing collagen which turns to gelatin when cooked!

**Make sure to immediately discard cooked bones, and do not let your pets eat them!**

Bone Broth Storage- Prepared bone broth can be refrigerated for 3-5 days and any unused bone broth can be frozen for up to 6 months. Consider freezing bone broth in ice cube trays for easy portions.

You Can Eat it Too!!!!