



Immunity Boosting Bone Broth

4 servings

12 hours

Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

Nutrition

Amount per serving	
Calories	30
Fat	0g
Carbs	7g
Fiber	2g
Sugar	3g
Protein	1g
Selenium	0µg

Directions

- 1 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 2 After 12 hours, strain the broth through a strainer or mesh sack. 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

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving is approximately 1 to 1 1/2 cups.

Low FODMAP: Omit garlic and onions.