



Beef Bone Broth Recipe



Bone broth is one of the most healing foods you can consume! It's rich in nutrients like gelatin and glycine which help to protect and heal your gut lining, skin and digestive tract. The longer you cook this nourishing broth, the more savory and concentrated it will become.

Beef Bone Broth Recipe | Total Time: 48 hours | Serves: Varies

INGREDIENTS:

- Beef bones with marrow
- Water to cover bones
- 3 Tbsp Apple Cider Vinegar
- 2 Bay Leaves
- Sea Salt and Ground Black Pepper
- Vegetables of choice (I use 3 carrots, 2 onions, 1 celery stalk and 1 garlic head)

DIRECTIONS:

- Place all ingredients in crockpot
- Add in water until bones are covered
- Turn setting to high and let simmer for 48 hours

If you're really short on time, you can always buy high quality bone broth. I recommend Wise Choice Market, here: <http://www.wisechoicemarket.com/beef-bone-broth/>

Get more FREE resources for healing leaky gut here: www.draxe.com/healing-leaky-gut