



35 Mary Street, Noosaville Ph: 5449 7088

Amina Eastham-Hillier B.H.Sc.(Nat.), Adv.Dip.H.Sc.HM & Nut.. Member ATMS & NHAA  
Email: amina@noosaholistichealth.com

## Amina's Bone Broth Recipe

Why is Bone Broth is so good????

Once the meat bones have simmered, all the nutrients and minerals such as Calcium, Magnesium and Potassium & Gelatin are drawn out of the bones and marrow into the stock. Together with the alkalizing minerals from the veggies, it is wonderful for digestion, feeding our good bacteria and your immune system. This broth is a highly nourishing recipe to use as a drink or a stock to add flavours and nutrients to other foods such as soups, rice or gluten free pasta. It can also be used as an immune boosting drink if one is not feeling hungry.



Cover meat bones (lamb, beef or chicken) with water and boil for 15 mins in a saucepan. Place bones with boiled water into a slow cooker. Add 1 onion (peeled and cut in half), 4 celery sticks, 3 carrots & shitake mushrooms. Throw in chunks of fresh ginger, garlic & turmeric. Can add molasses for flavour, 2 tbs apple cider vinegar (to further draw minerals from bones), Himalayan salt, pepper & bay leaves. Spices such as cinnamon, anise, clove and cardamom may be added if preferred.

Cook in slow cooker for 12-24 hours, Remove bones, strain.  
Add organic miso paste after cooking for extra nutrition  
Can also add fresh garlic for the raw medicinal content of garlic, 'allicin'.  
Consume as a soup, stock, add rice noodles or just strain and drink.

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