



BEST BONE BROTH RECIPE

Homemade bone broth is one of the best things you can give your dog and it is so easy to make! Bone broth is a slow cooked nutrient dense liquid stock. It is an excellent immune system booster supporting good joint health and digestive issues. It also helps with healing and detoxing the liver. Essentially it is a multivitamin that provides a boost of nutrition to your dog's diet. All-natural chemical free goodness that your dog will love! It is cheap to make and very beneficial for humans too!

Ingredients: Water, Apple cider vinegar (raw with the mother in it), non-fatty raw bones (beef or lamb but beef marrow bones are best), raw chicken carcass or raw chicken feet and you can also add a pinch of organic turmeric if you like.

Cooking Directions:

- * **Fill a large stock pot or slow cooker with water.**
- * **Place the raw bones, chicken carcass or raw chicken feet or both in the pot.**
- * **Add 3 or 4tbsp of raw Apple cider vinegar.**
- * **Bring to a boil then cook on a low heat for 20 – 24hrs the longer the better.**
- * **Add a pinch of organic turmeric 30mins before the end.**

Once the broth is ready, remove the bones and throw into the bin. Then strain the liquid through a clean chux cloth or strainer to make sure there are no cooked bone pieces left. Pour the strained liquid into a large container and let it cool in the fridge. When the broth is cooled you will see layer of fat on top and the underneath should be like a jelly substance. If it is not like jelly it is still usable so don't worry. You will need to remove the thin layer of fat and then pour the jelly like liquid into ice cube trays or small containers to freeze for later use. Keep some liquid handy in the fridge for the next few days and freeze the rest. You can also include any little pieces of meat off the bone into the containers as a hidden treat. Feed to your dog's frozen on a hot day or add the unfrozen broth to their meals.