



## *Chicken Bone Broth Made Simple*

The benefits of bone broth are many:

- Boosts the immune system
- Increased collagen
- Helps heal bones and other connective tissues
- Heals digestive issues
- Great for joint health
- Amazing mineral profile

Take a look at this [article](#) for more on the benefits of bone broth and a more detailed recipe. If you want the simple recipe and all the benefits the recipe below is for you!





Place one large whole chicken in a crock pot and cover with filtered water.

Add two tablespoons of organic apple cider vinegar like this one (this helps pull minerals out of the bones).

Add sea salt and pepper to taste  
(optional: celery stalks, carrots, garlic, onions)

Simmer on low for 24 hours.

Remove the chicken, strip the meat and use in a recipe.

Strain the broth through a metal strainer into mason jars.

Leave 1" at the top for expansion.

Drink it, cook with it, make soup with it.

Save the bones and freeze. Add to next batch of broth.

AND Wahhhla... healthy bone broth, healthy gut, joints and skin!!