

## Bone Broth for a Younger You Recipe



### Ingredients

- 1 cooked chicken, with meat removed
- 2 carrots roughly chopped
- 2 stalks of celery roughly chopped
- ½ onion cut in large pieces
- 1 pinch of sage
- 1 small bunch fresh parsley
- 1 pinch of sea salt

### Method

Place the chicken bones in a crock pot and cover with water. Cook on low setting for 24 hours, checking at intervals to see if water needs to be topped up.

When there are about 3 hours left to the cooking time, add all of the additional ingredients to the crock pot, apart from the parsley. Cook 2 ½ more hours. Add the parsley in at this point and allow to finish cooking.

Cool the crockpot and then sieve out all the ingredients, saving the liquid as your fresh stock. Decant into several containers and freeze any that you won't use within 3 days.

Keep on-hand to add to any dish which needs stock and enjoy all the health benefits!

**Source:** Saving the Green



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