



EASY Homemade Broth *(can use chicken, turkey, pork, or beef bones)*

- Bones from chicken (or other animal)
- Enough water to cover 1 - 2 inches above bones
- 1 - 2 Tablespoons apple cider vinegar (this pulls additional minerals from the bones)

Place bones, apple cider vinegar and water in crockpot. Turn on low for 24 hours. Cool, strain, and store in fridge or freezer. It's THAT easy!

****Drink AT LEAST 8 oz a day (can consume straight, as a broth, cook rice in, replace in anything that calls for liquid, etc.)*



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