

Bone broth

Bone broth is a great nutritional tool for healing a leaky gut. Making it yourself is easy and you'll be certain that nothing artificial is added.

Ingredients

- 1.5 kg of mixed beef bones (oxtail, knuckles, neck bones and/or short ribs)
- 2 medium carrots (roughly chopped)
- 3 celery stalks (roughly chopped)
- 2 medium onions (roughly chopped)
- 1 tablespoon organic virgin coconut oil
- 2 tablespoons apple cider vinegar
- 1 bay leaf
- A few peppercorns
- A few cloves of garlic (optional)

How to prepare

- Put all the ingredients in a large pot.
- Add enough water to cover all ingredients.
- Bring to a simmer, and let simmer for approximately 24 hours. It's even easier to make in a slow cooker, on low for 24 hours.
- Check regularly that the ingredients are still covered and add water if necessary.
- When your broth is dark-brown, remove all ingredients and strain the liquid through a piece of cloth.
- Let it cool at room temperature and then put in pots in the fridge.
- To use, skim off the fat from the top, then either add some to your meal or heat to make a drink.

TIP:

If you have a slow cooker, use it! It means you won't have to check the pot regularly. Leave on low for at least 24 hours or until the meat fall off the bone.

If the idea of drinking this is not appealing, stir a tablespoon (initially, gradually increase the amount) to any meal (great in stews and sauces etc) at the last minute.