



### INGREDIENTS

- 1 gallon filtered water
- 1 tbsp. sea or Himalayan salt
- 4 stalks celery, ends removed
- 2 carrots, ends removed
- 3 scallions, ends removed
- 2 tbsp. lemon juice or raw apple cider

# Gut-Healing Chicken Bone Broth

Makes Approximately 6-8 Servings

### Directions

- Step 1** Add all ingredients to a slow cooker. Cook on low for 12-24 hours.
- Step 2** Alternately, cook on high for 6-12 hours to speed up the process.
- Step 3** To develop a delicious intense roasted chicken flavor cook 24-48 hours
- Step 4** If water evaporates, add enough water to top off the crock pot so it remains full.
- Step 5** Strain out the meat and bones using a slotted spoon. Place the drumstick meat into a separate container and pull off the bone for use in other recipes. Discard bones
- Step 6** Store broth in the fridge for up to a week. Use in recipes as needed or drink by itself. It will “gel” once refrigerated for a few hours – this is a good sign and indicates a high gelatin content.