

Chicken Bone Broth

A deeply nourishing, slow-cooked broth that naturally supports collagen production, gut health, and joint strength.

INGREDIENTS

1 whole chicken or chicken carcass

6 garlic cloves

1 onion

2 large carrots (scrubbed and chopped)

3-4 celery stalks (chopped)

1 inch ginger (peeled and sliced)

¼ cup apple cider vinegar

1 tsp turmeric powder

1 tbsp fresh parsley (chopped)

1 tsp salt (adjust to taste)

Optional: other herbs or spices as per taste

METHOD

- 1 Rinse the chicken or carcass and place it in a large soup pot or slow cooker.
- 2 Fill the pot about $\frac{3}{4}$ with water and add all the vegetables and herbs.

STOVE METHOD

Bring to a boil over medium-high heat. Reduce to low and simmer for 8–10 hours. Add more water if needed to keep the bones covered.

SLOW COOKER METHOD

Set on low, cover, and cook for 8–10 hours. Add water if needed to keep the bones submerged.

- 3 Allow the broth to cool slightly, then strain through a fine-mesh strainer, discarding the solids.
- 4 Serve warm.

COOK TIME	METHOD	BEST CONSUMED
8–10 hours	Stove or Slow Cooker	Warm, fresh

WHY IT WORKS

What's in It for You

- **Chicken bones** — naturally rich in collagen, gelatin, and amino acids
- **Apple cider vinegar** — helps draw minerals and collagen from the bones into the broth
- **Ginger & turmeric** — anti-inflammatory, supports gut lining and joint health
- **Garlic & onion** — rich in sulphur compounds that support collagen synthesis
- **Parsley** — a source of Vitamin C, boosting collagen production

Apple cider vinegar is key — it helps break down the bones and release maximum collagen and minerals into the broth. Don't skip it. Store leftover broth in the fridge for up to 5 days or freeze in portions.