



Chicken Coconut Bone Broth

INGREDIENTS:

4 pounds chicken necks/feet/wings/carcass
2 medium onions, peel and chopped
4 garlic cloves, peel and smashed
Himalayan salt to taste
2 inches of fresh grated ginger
2 inches of fresh grated turmeric (or 2 tsp ground)
3 Tbsp apple cider vinegar
2.5 gallons of filtered water
1 can of coconut milk

** for a tasty treat add a taste of sriracha before serving

DIRECTIONS:

Place all ingredients into a crock-pot.
Add in water.

Simmer for 24-48 hours, skimming fat occasionally.
Remove from heat and allow to cool slightly.

Discard solids and strain remainder in a bowl through
colander. Let stock cool to room temperature, cover and
chill.

Skim final layer of fat off once cooled.

Refrigerate and use within a week or freeze up to 3
months.

