

The oyal Treatment Veterinary Center

Dr. Royal's Bone Broth Recipe

- 1 whole organic chicken carcass or raw bones of any kind
- Add water until bones are just covered.
- Add ¼ cup apple cider vinegar or lemon juice and sit for 30 minutes (lets the vinegar or lemon juice act on the bones).
- Add vegetables (NO ONIONS!), options include carrots, kale, 2 cloves of garlic, celery, parsley, other vegetables.
- I would avoid potatoes or starchy vegetables.
- Can also add 1-2 cut lemons, 1-2 apples and fruits.
- Bring to boil, then simmer for at least 8-24 hours (can start straining and offering small amounts after 1 hour of simmering when needed).
- Strain broth in colander

To strained broth -

- Add 1 tablespoon turmeric, 2 teaspoons cumin, 1 teaspoon oregano, ½ teaspoon thyme, and 1 teaspoon basil, and fresh parsley.
- Add juice from 2 lemons.
- Add organic chicken meat or other meat pieces if you like.

Prepared bone broth will keep in the refrigerator for 3 - 5 days. Any unused portion may be frozen for up to 6 months. Consider freezing bone broth in ice cube trays or small deli containers for a quick-thaw addition to your pet's meals!