

Bone Broth Recipe

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Bone broth is highly nutritious for dogs, cats and humans. Apart from benefitting overall good health, it's also useful for geriatric support, viral illness, kidney disease, trauma, and bacterial infection as well as gastrointestinal, upper respiratory and immune issues. This is Dr Royal's favourite recipe:

- One whole organic chicken carcass or raw bones of any kind
 - Add water until bones are just covered.
 - Add quarter cup apple cider vinegar and/or lemon juice and sit for thirty minutes (this lets the vinegar or lemon juice act on the bones).
 - Add vegetables (NO ONIONS!), options include carrots, kale, mushrooms, broccoli, asparagus, spinach, two cloves of garlic, celery, parsley, bok choy and other vegetables.
 - I generally avoid potatoes or starchy vegetables.
 - You can also add one or two cut lemons, one or two apples and fruits.
 - Bring to boil, then simmer for at least six to twelve hours (can start straining and offering small amounts after one hour of simmering when needed).
 - Strain broth through cheese cloth, a mesh sieve or fine colander
- To strained broth add –
- One tablespoon turmeric, two teaspoons cumin, one teaspoon oregano, half teaspoon thyme, one teaspoon basil, and fresh parsley.
 - Optional, add juice from two lemons.
 - Add organic chicken meat or other meat pieces if you like.

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

