**Chicken Bone Broth**
From “The Rest and Repair Diet” (Adapted from Dr. Maggie)

*Time*
12 to 48 hours

*Serves:*
1-2

*soak chicken bones in apple cider vinegar and cold water one hour before cooking

**Ingredients:**

3-6 pounds chicken bones

¼ cup apple cider vinegar

8-10 quarts of water (depending on the size of the crock pot)

1 tablespoon Himalayan pink salt

**Directions:**

1. It is easiest to use a slow cooker to properly prepare the broth. The bones are placed in cold water with apple cider vinegar for one hour ahead of time.

2. Add water and salt and cook on LOW in a crock pot for 12-48 hours (the longer, the better). Strain the solid ingredients.

3. Once broth has cooled to room temperature, store the broth in a glass container (bowl) in the refrigerator.

4. When it is cold it will look like Jello. If it does not, then the next time, you will need to add more bones or less water. Do not discard your bones. You may use the same bones up to three times for cooking or drinking.

**Note:**

The difference between chicken broth and chicken stock is that the stock is a mixture of meat and water. If you add vegetables, it becomes a stew. As an alternative, good-quality chicken bone broth can be purchased – just make sure it is organic. If you can, take a cup 3 times a day with meals.