



Bone Broth Boosters

This bone broth recipe is easy to make and requires minimal preparation and little attention during cooking. I will warn you though - it smells! Once it starts to cook, it has an intensely "meaty" smell - it's not bad, but it is intense.

Prep time: 5 minutes

Freeze Time: 2 hours

Total time: 2:05 hours

INGREDIENTS:

- ·1 cup Open Farm Bone Broth
- · 4 tsp Thrive Sea Kelp

· 2 tbsp Baie Run Turmeric+

DIRECTIONS:

- 1. Whisk the kelp, turmeric, and bone broth until combined.
- 2. Pour the mixture evenly into a silicone treat mould and freeze for at least 2 hours before serving.
- 3. Can be stored in the freezer for up to one month.

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Notes:			