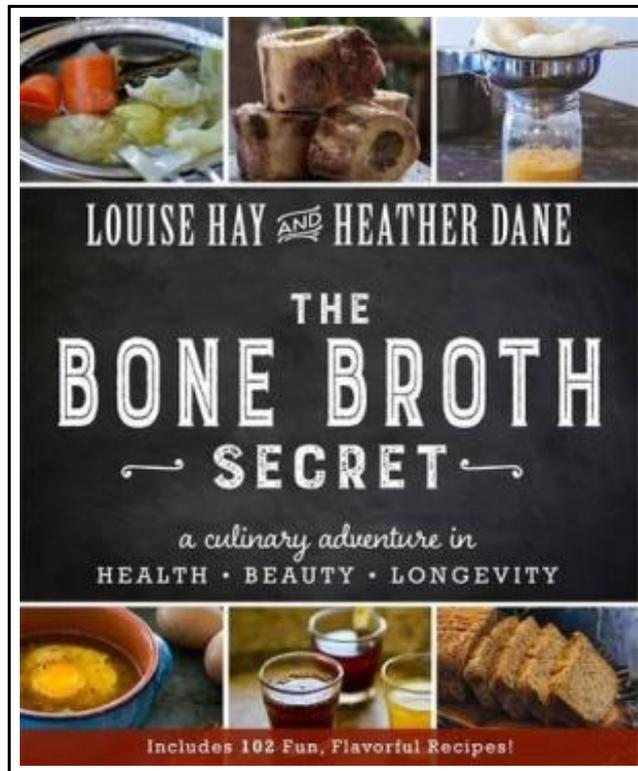


The Bone Broth Secret: A Culinary Adventure in Health, Beauty, and Longevity



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Reviews

An exceptional publication as well as the font employed was exciting to see. it was actually writtern extremely flawlessly and helpful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Dominic Collins)

THE BONE BROTH SECRET: A CULINARY ADVENTURE IN HEALTH, BEAUTY, AND LONGEVITY



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Hay House Inc. Paperback. Book Condition: new. BRAND NEW, **The Bone Broth Secret: A Culinary Adventure in Health, Beauty, and Longevity**, Louise Hay, Heather Dane, Bone broth is a rich, tasty broth made of bones and meat scraps. Louise and Heather call it the meal that keeps on giving. **The Bone Broth Secret** is an easy-to-read resource, with full-colour photos. Topics include getting started, the history of broth, inspiring reasons to spend time in the kitchen, and a love letter to omnivores (what to do when you care about animals and yet your body needs animal protein) .plus recipes for: *Basic Broths: meat stock (3 - 4 varieties); vegetable (vegan), and fish broths; Basic Fumet (bone broth concentrate); Dehydrated Bone Broth; spice 'finishers' (quick flavourings for plain broth) *Soups, 5-Minute Soups & Thermos Soups (soups you can throw in a thermos and they are cooked by lunchtime) *Main Dishes, Meats & Stews: Eye of Round Roast; Crockpot Chicken; Duck Confit *Sauces, Dips & Dressings: Aioli; Lulu's Remoulade; White Wine Mustard Sauce *Vegetables: Caramelised Onions; Cardamom Carrots; Magic Zucchini; Thyroid-Friendly Veggie Mash *Grains, Breads & Pancakes: Grain-Free Herb Bread; Maya's Finnish Sourdough Rye; Buckwheat Curry Delight *Desserts: Moroccan Vanilla Spice Ice Cream; Apple Tarte Tatin; Grain-Free Guinness Chocolate Cake *Medicinal Elixirs & Healing Remedies: Joint and Indigestion Remedy; Recovery Remedy (Colds, Flu, Fatigue, Digestive Distress) Easy to digest, and quite delicious, bone broth also has many healing benefits. It: * Helps 'heal and seal' your gut - fantastic for leaky gut, chronic illnesses or autoimmune disease, which are often rooted in gut issues * Helps boost collagen - great for supporting good skin health, including younger-looking skin and reduced cellulite * Boosts the health of your nails and hair * Supports bone health - reduces joint pain and inflammation * Is...

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