

Healing & Nourishing Broth



RECIPE

Ingredients

- Wakame seaweed (small handful)
- 4 ribs of celery, chopped
- 4 carrots, chopped
- 1 cup chopped cabbage
- 1 cup mixed greens
- 1 bunch parsley, finely chopped
- 1 cup shiitake mushrooms
- Chopped fresh ginger root (1 inch)
- Chopped fresh turmeric root (1 inch)
- 1 tbs coconut amino acid
- 1/2 cup nutritional yeast
- 8 to 10 cups of water

Preparation

- Place all the ingredients in a pot and bring to a soft boil. Turn heat down to low and simmer for an hour or more. You can garnish with parsley or cilantro.

The four S's

Strain. Serve. Sip. Savour.

Benefits

Broth is easy to digest, full of nutrients, antioxidants and fibre. Good for mono fasts, snacks or as a meal replacement (ideally dinner) this beautiful broth is good for the skin, eyes, bones, digestions, energy and metabolism.

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