



Deer Broth - High in Iron -Great for fasting

1. Place 4 deer legs (bones containing the most marrow) in a pressure cooker.
2. Add 1 cup of apple vinegar (breaks down the bones).
3. Include veggies of your choice – whole onion, celery, carrots, leeks, squash, corn, peppers, etc.
4. Add herbs & seasonings of your choice– garlic, bay leaf, rosemary, thyme, coriander, cumin, celery salt, Himalayan sea salt, pepper, etc.
5. Cover with water.
6. Cook for 4 to 6 hours or until the bones have broken down and crumble between your fingers.
7. Let cool and strain out the solids.

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