



# Joint Boosting Broth

## Ingredients:

- A mixture of raw bones (beef knuckles, chicken feet, marrow bones)  
\*\* We get ours from Wilde K9! Use code retrievingwellness for a discount on your purchase. \*\*
- 1 small splash of apple cider vinegar
- 3 carrots, 3 parsnips & 2 celery stocks roughly chopped
- Handful of parsley, chopped
- 1/2 inch of fresh ginger
- 2 cloves of garlic
- Enough water to cover the bones

Get creative! Feel free to add in other dog safe seasonal vegetables and herbs, just remember no onions!

## Procedure:

1. Add all ingredients to the pot, let simmer on low for 8-10 hours, top up water if it gets too low. You want the liquid to jiggle, but not boil.
2. Let cool and remove the larger bones. Drain remaining veg.
3. Allow liquid to cool overnight in the fridge and remove fat layer.
4. Pour into appropriate sized silicone molds or ice cube trays and freeze for later!



**Bone broth is rich in collagen, glucosamine, and amino acids like glycine, which support joint health, digestion, and promotes healthy skin.**