



# BONE BROTH RECIPES

Get your collagen intake on track!

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ANCIENT FOOD



LOW IN SALT



CLEAN LABEL



HIGHT PROTEIN





# HERBS & SPICES

USE ORGANIC, HIGH QUALITY BRANDS

- SEA SALT/ CELTIC SALT/ PINK SALT
- SMOKED SALT
- BLACK PEPPER
- BASIL
- FENNEL
- CAYENNE PEPPER
- CHILI POWDER
- HARISSA
- TURMERIC
- CUMIN
- GINGER
- BAY LEAF
- THYME
- PARSLEY
- ROSEMARY
- DILL
- CORIANDER
- OREGANO
- LEMON GRASS
- GARLIC
- JALAPEÑO

**ADD WHATEVER YOU LIKE!**





# SIPPING BONE BROTH

## NOURISHING & GROUNDING

If you never considered sipping bone broth straight up with your favorite blend of herbs and spices, then you are truly missing out on a treat. Sure, cooking with bone broth is great, but what if you don't have the time to make a full-fledged meal.

The beverages you discover here may just be the easiest way for you to begin incorporating real bone broth collagen into your healthy lifestyle in baby steps, with as little time and hassle as possible.

## CLASSIC SIPPING BROTH

### INGREDIENTS

- 200ml Chicken Bone Broth
- A dash of Himalaya/ Celtic sea salt
- A dash of ground black pepper
- Add fresh herbs like Parsley

**In** a saucepan over medium-high heat, combine all the ingredients and bring to a simmer. Cook for 2-3 minutes.

Sip it **warm**.

# TUMERIC | CHILE | GINGER SIPPING BROTH

## INGREDIENTS

- 200ml bone broth (beef/chicken/ pork
- 1/4 serrano chiles, seeds and ribs removed, diced
- Slice fresh ginger
- A dash of ground turmeric
- A dash of Himalaya/ Celtic sea salt

**In** a saurcepan over medium-high heat, combine the ingredients. Cook for 2-3 minutes, stirring frequently.

Sip it **warm**.

# CHILE | GARLIC SIPPING BROTH

## INGREDIENTS

- 200ml bone broth (beef/chicken/ pork
- 1/4 serrano chiles, seeds and ribs removed, diced
- 1 garlic clove
- A dash of ground black pepperA dash of Himalaya/ Celtic sea salt

**In** a saurcepan over medium-high heat, combine the ingredients. Cook for 2-3 minutes, stirring frequently.

Sip it **warm**.



# PAPRIKA | ONION | THYME SIPPING BROTH

## INGREDIENTS

- 200ml bone broth (beef/chicken/pork)
- ½ teaspoon garlic powder
- ½ teaspoon paprika powder
- ½ teaspoon chili powder
- ¼ teaspoon onion powder
- ¼ teaspoon thyme
- ¼ teaspoon black pepper
- Salt to taste

**In** a saucepan over medium-high heat, combine the ingredients. Cook for 2-3 minutes, stirring frequently.

Sip it **warm**.

# ROSEMARY SIPPING BROTH

## INGREDIENTS

- 200ml bone broth (beef/chicken/ pork)
- A dash of Himalayan or Celtic sea salt
- A dash of ground black pepper
- Rosemary

**In** a saucepan over medium-high heat, combine the ingredients. Cook for 2-3 minutes, stirring frequently.

Sip it **warm**.

# LEMON | GINGER SIPPING BROTH

## INGREDIENTS

- 200ml Chicken Bone Broth
- slice of fresh ginger
- slice of lemon
- A dash of ground black pepper

**In** a saucepan over medium-high heat, combine all the ingredients and bring to a simmer. Cook for 2-3 minutes.

Sip it **warm**.

# THYME SIPPING BROTH

## INGREDIENTS

- 200ml bone broth (beef/chicken/ pork)
- A dash of Himalayan or Celtic sea salt
- A dash of ground black pepper
- Thyme

**In** a saucepan over medium-high heat, combine the ingredients. Cook for 2-3 minutes, stirring frequently.

Sip it **warm**.



# SMOOTHIES OR BROTHIES

## FRUITS & VEGETABLES

Making smoothies (brothies) is a great way to hide broth in something sweet and refreshing. Since broth is most often used in savory dishes, it may seem a bit unorthodox to combine fresh fruits and veggies with broth, but we promise you the results are well worth the leap of faith.

Yes, we're well aware that this may be outside your comfort zone, but here's where we ask for your open mind. It's hard to imagine bone broth in a cold, refreshing beverage - until you've tried it.



## MORNING COLLAGEN SMOOTHIE

unflavored bone broth | Pure

### INGREDIENTS

- 2 tablespoon of Bone Broth Pure
- 1/2 cup coconut milk
- 1 handful mix berries
- 1/2 avocado
- 1/2 - 1 teaspoon pure vanilla extract
- 1 tablespoon chia seeds or flaxseeds
- 1 cup fresh baby spinach

**In** a blender, combine all ingredients and blend until smooth, about 5 minutes.

**Serve** immediately, or store, covered, in the refrigerator for up to 24 hours.

# STRAWBERRY COLLAGEN SMOOTHIE

unflavored bone broth | Pure

## INGREDIENTS

- 2 tablespoon of Bone Broth Pure
- 1 cup unsweetened almond milk or another dairy free milk
- a handful of fresh strawberries
- 1/2 teaspoon ground flaxseeds
- 1 spoon of almond flour

**In** a blender, combine all ingredients and blend until smooth, about 5 minutes.

**Serve** immediately, or store, covered, in the refrigerator for up to 24 hours.

# SPINACH & BANANA COLLAGEN SMOOTHIE

unflavored bone broth | Pure

## INGREDIENTS

- 2 tablespoon of Bone Broth Pure
- 1 cup fresh baby spinach
- 1/2 frozen or fresh banana
- 1 small green apple or peer
- 1/4 avocado (or more)
- juice of 1/2 lime
- hand full fresh mint

**In** a blender, combine all ingredients and blend until smooth, about 5 minutes.

**Serve** immediately, or store, covered, in the refrigerator for up to 24 hours.



# COFFEE OR BROFFEE

## BONE BROTH COLLAGEN

We know what you are thinking. Broth in my coffee? Believe it or not, coffee and broth are perfect for each other. You can turn your morning coffee into a superfood while balancing the effects of caffeine with collagen protein, meaning you can stay energetic for a longer period of time!

Just add 1-2 teaspoon of bone broth pure into your daily coffee, stir and sip.



## BULLETPROOF BROFFEE

unflavored bone broth | Pure  
INGREDIENTS

- 1 cup hot coffee freshly brewed
- 1-2 tablespoon of Bone Broth Pure
- 1-2 tablespoons Ghee or unsalted butter
- 1 tbsp MCT oil or coconut oil

**In** a blender, combine all ingredients and blend until smooth.

**Serve** immediately.

# BREAKFAST

## OATMEAL

While it's true that oatmeal contains many nutrients, but that means very little if you can't absorb them. Oats are low in gluten, but high in phytic acid. Phytic acid is an anti-nutrient that can inhibit your body from absorbing minerals properly. Only by soaking the grain do we enable enzymes and other helpful microorganisms to break down and neutralize phytic acid as well as predigest gluten. Therefore, it's necessary to give your oats a long soak in salted water before making your favorite oatmeal.



**Add protein-rich bone broth gelatine into your porridge!** Why bone broth gelatine? It helps you to breakdown sugar; it provides your body with essential amino acids and its facilitates the absorption of vitamins and minerals. It also decreases the harmful side effects that some people experience when eating oats, such as digestive irritation or an allergic reaction.

**NOW, HERE IS THE RECIPE:** It is an old-fashioned one, but it is easy to follow. There is no slaving over a hot stove for hours. A little preparation is all you need. Try it; you'll love it.



## INGREDIENTS

- 1 cup of rolled organic oats
- 1 cup of water
- 1 teaspoon unpasteurized cider vinegar
- a pinch of sea salt
- 1 cup butternut squash puree
- 1 teaspoon cinnamon;
- 1 - 2 teaspoon raw honey
- 1 big tablespoon of Babs Pure Bone Broth
- few walnuts
- one heaping tablespoon of organic butter (be generous here).

Soak the oats in just enough water to cover them;

Add the sea salt and cider vinegar; Leave overnight. The next morning, drain the oat/salt/vinegar mixture and rinse thoroughly; Add fresh water, again enough to cover the oats, and bring the oat/water mixture to a boil. Use medium-plus heat.

If you like “thinner” oatmeal, add more water; Add butternut squash puree; Turn the heat down to low-medium and stir until the porridge is as thick as you want it.

You can add water if you like your oatmeal more on the runny side; Remove the cereal from the heat, and add the butter and honey.

Add the bone broth; Cover and let the mixture rest for about 5-to-10 minutes;

**ENJOY YOUR BREAKFAST. IT IS THE MOST IMPORTANT MEAL OF THE DAY!**

# BREAKFAST

## BONE BROTH EGG DROP WITH SPINACH



### INGREDIENTS

- 1 cup (250ml) bone broth
- 1/2 cup (115g) baby spinach leaves
- 1 large egg, lightly beaten
- a pinch of sea salt and black pepper

**In** a saucepan over medium-high heat, combine the ingredients. Cook for 2-3 minutes, stirring frequently.

Eat it **warm.**

# CHOCOLATE

## ENERGY

This combination of broth and chocolate will give you the energy and mood-enhancing boost to keep you strong, focused and calm throughout your day.



## CHOCO BOOSTER

unflavored bone broth | Pure or Pork

### INGREDIENTS

- 1,5 cup bone broth (pure or pork)
- 2-3 tablespoons raw honey
- 2-3 tablespoons raw cacao
- organic milk cream or coconut cream

**In** a saucepan over medium-high heat, combine the ingredients. Cook for 2-3 minutes, stirring frequently.

Sip it **warm**.





# SOUP

## NOURISHING COMFORT FOOD

When it comes to choosing our favorite nourishing comfort foods, SOUP is at the top of our list. It's the perfect meal any day of the year. Soup, when properly prepared from nutrient-dense bone broth, provides an exceptionally easy-to-digest and nourishing meal. All recipes are clean and waiting for your personal touch.

## PUMPKIN SAGE SOUP

### INGREDIENTS

- 2 tablespoons ghee or olive oil
- 1 1/2 cups diced onion
- 1 1/2 pounds thinly sliced carrots
- 2 tablespoons peeled and minced fresh ginger
- One 2-inch-long piece lemongrass, pounded
- 2 cups Bone Broth (Chicken or Beef)
- 2 cups filtered water
- Sea salt and black pepper

**Wash** the veggies. Peel and chop the onion and garlic

**Cut** the pumpkin in half and remove the seeds, then cut the pumpkin into cubes (you don't need to peel the pumpkin). Slice the carrot. Cut the pepper in half, removing the seeds and chopping the pepper into small pieces

**Heat** your soup pan with a dash of olive oil and fry the sage leaves for about 2 minutes until they appear slightly crunchy. Remove the sage from the oil, setting on a kitchen towel to drain. In the same oil, fry the pepper, onion, and garlic for about 2 minutes

**Add** the carrot and pumpkin and cook at medium heat for 3 minutes, stirring occasionally

**Add** the broth and bring to a boil, then reduce the heat and cook gently, covered, for about 15 minutes.

**Remove** the pan from heat and puree the soup with a hand blender. Ladle the soup into bowls and garnish with your fried sage leaves

**Optional:** To make this healthy soup into a heartier meal, you can crumble goat cheese over the top or add lentils. You can also roast the pumpkin seeds and add as a soup topping.

## QUICK & EASY PHO

lunch idea

This is a fantastic, easy lunch idea that is perfect for days at work or on the road. You simply put whatever ingredients you choose into a mason jar and let the broth heat all the ingredients into a lovely, portable soup. If you're going to be out of several hours, you can make this soup in a wide mouthed thermos the morning before you leave and have a nice lunch, dinner, or snack when you need it.



# PHO

The night before, prepare your sliced vegetables, meats, and any other accoutrements (spices, fats, and the like) you desire. Place in a mason jar, making sure you leave room for the bone broth and rice noodles. When you are ready to eat, simply heat your bone broth on the stove. When heated, carefully pour the bone broth into the jar. Add the rice noodles: once they softened into the jar, place the top back on the mason jar. Let sit for 5-7 minutes. Season to taste.

## INGREDIENTS

- Any thinly sliced vegetables of your choice (zucchini, carrots, radishes, tomatoes, onions, cabbage, broccoli or cauliflower florets, and so on)
- Any thinly sliced cooked meats such as chicken, meat, or shrimp
- Fermented vegetables and hot sauces (such as kimchi, sauerkraut, beets, or sambal)
- Any aromatic herbs (such as basil, chives, parsley, or cilantro); a good guideline is 1/4 tsp. of each herb per jar
- Sea salt and pepper, to taste
- Rice noodles
- Enough bone broth to fill a pint- or quart sized mason jar (your choice), with room for add-ins





# JUST GOOD BONES, HERBS, WATER AND FIRE!

Babs Bone Broth is made with integrity, organic ingredients, and the proper methods to ensure high-quality protein collagen. No shortcuts, pills, powders or other weird ingredients.



ANCIENT FOOD



LOW IN SALT



CLEAN LABEL



HIGHT PROTEIN

[www.babsbonebroth.com](http://www.babsbonebroth.com)