**Bone Broth**

Ingredients:

* 2 - 3 lbs chicken, pork, or beef bones
* 2 carrots, chopped
* 2 celery stalks, chopped
* 1 medium onion, chopped
* 1 bunch parsley
* 1 tablespoon sea salt
* 2 tablespoon apple cider vinegar
* Water

Instructions:

1. Place bones in slow cooker.
2. Chop veggies and add to slow cooker.
3. Fill slow cooker with water until bones are covered.
4. Add apple cider vinegar and season with salt.
5. Cook on low for 12 - 18 hours.
6. Scrape off top layer of fat that has formed, can be saved to cook with.
7. Strain broth and cool, can be used for sipping or as a base for soup.
8. Enjoy!