**Love Your Bones**

**Bone Broth Recipe**

**Step 1**
Blanch the Bones.
Add bones to a pot of boiling water for about 10-15 min.
Remove the bones from water pot.

**Step 2**
Optional, sear the bones for a couple of minutes on each side.

**Step 3**
Add all ingredients to the Instant Pot then add water to the fill line.
Pressure Cook on High for 3 hours with stem vent closed.

**Know Your F’S: Facts, Food, Fitness and Focus**

**Bone Broth Nutrition**
- Rich in Collagen
- Magnesium
- Calcium

**Bone Broth Base Ingredients**
- Onions
- Carrots
- Celery
- Garlic
- Peppercorn
- Cinnamon sticks
- Star of Annice
- Bay Leaves

*Tiger Tip: Select Bones from Organic or Grass Fed Animals (Beef or Veal, Chicken).*

**Sue’s Top 5 Food Tips for Bone Health**

1. Eat dark leafy green vegetables.
2. Incorporate calcium rich foods.
3. Good sources of protein are important.
4. Eat natural foods- avoid highly processed, junk foods, pop, alcohol.
5. Monitor your water intake- make sure you drink enough water daily.

**Eat More Vegetables**

**Love Your Bones Tiger Tips**

- Eat More Vegetables
- Eat Natural Whole Foods
- Listen to Your Body and Give it What it Wants
  *Nutrients (Healthy Foods), Hydration (Water)*

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