**Pho Recipe**

**STEP 1**
Soak the noodles in water for a couple of minutes
Heat up your bone broth in a pot to boil.

**STEP 2**
Wash and chop up your vegetables.
Bring out the seasonings & flavorings to your prep station.

**STEP 3**
Drain the noodles, add noodles in each of the bowls to be served.
Add vegetables, sliced beef followed by the hot bone broth.
Add herbs and flavoring to taste.

**ENJOY!**

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**Pho Nutrition**
- Bone Broth provides Collagen
- Magnesium
- Calcium
- Depending on the vegetables selected, added vegetables provide an important source of nutrients, dietary fiber and vitamins.

**Pho Base Ingredients**
- Bone Broth
- Rice Vermicelli
- Noodles
- Assorted Vegetables (Bok Choy- Bean Sprouts- Green Onions- Carrots – Spinach – Hot Pepper- Any other vegetable you would like to add)
- Flavor Options (Fresh Lime, Soy Sauce, Tamari-Style Soy Sauce, Coconut Aminos, Fish Sauce, Hoisin Sauce, Chili Sauce, Thai Basil, Fresh Herbs, Fresh Ginger)
- Sliced Cooked Beef (optional)

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**Love Your Bones Tiger Tips**

Eat More Vegetables

Eat Natural Whole Foods