

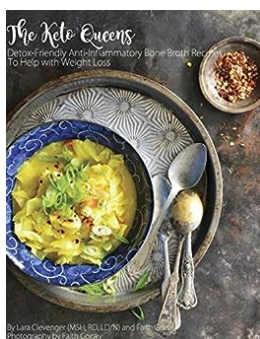
Detox Friendly Anti Inflammatory Bone Broth Recipes To Help With Weight Loss

Bone broth is not only a delicious and comforting drink, but it also offers numerous health benefits. It's rich in nutrients, vitamins, and minerals, making it a superfood for those looking to detoxify their bodies and support weight loss goals. In this article, we will explore some flavorful and detox-friendly anti-inflammatory bone broth recipes that can help you on your weight loss journey.

1. Turmeric and Ginger Bone Broth

This vibrant and aromatic bone broth recipe combines the anti-inflammatory properties of turmeric and ginger, making it an excellent choice for those looking to reduce inflammation and support digestion.

Ingredients:



Detox-Friendly Anti-Inflammatory Bone Broth Recipes, To Help with Weight Loss: The Keto Queens by Lara Clevenger ([Print Replica] Kindle Edition)

★★★★★ 5 out of 5

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- 2 pounds of grass-fed beef bones or organic chicken bones

- 1 onion, roughly chopped
- 3 cloves of garlic, minced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 tablespoon of turmeric powder
- 1 tablespoon of freshly grated ginger
- 1 teaspoon of black pepper
- 1 bay leaf
- 8 cups of water

Instructions:

1. Preheat your oven to 400°F (200°C). Place the bones on a baking sheet and roast in the oven for 30 minutes.
2. In the meantime, preheat a large pot over medium heat. Add a tablespoon of olive oil and sauté the onions, garlic, carrots, and celery for about 5 minutes.
3. Add the roasted bones, turmeric powder, ginger, black pepper, and bay leaf to the pot. Pour in the water and bring it to a boil.
4. Reduce the heat to low, cover the pot, and let it simmer for 8-10 hours.
5. Strain the broth through a fine-mesh sieve to remove any solids.
6. Season with salt to taste and serve hot.

2. Cilantro and Lime Chicken Bone Broth

This refreshing bone broth recipe is packed with flavor and detoxifying ingredients, such as cilantro and lime, which help support digestion and eliminate toxins from the body.

Ingredients:

- 2 pounds of organic chicken bones
- 1 onion, roughly chopped
- 3 cloves of garlic, minced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 bunch of fresh cilantro
- 2 tablespoons of lime juice
- 1 teaspoon of cumin powder
- 1 teaspoon of sea salt
- 8 cups of water

Instructions:

1. In a large pot, combine the chicken bones, onion, garlic, carrots, celery, cilantro, lime juice, cumin powder, and sea salt.
2. Pour in the water and bring it to a boil over high heat.
3. Reduce the heat to low, cover the pot, and let it simmer for 6-8 hours.
4. Remove the pot from the heat and let it cool for a few minutes.
5. Using a slotted spoon, remove the chicken bones and cilantro from the broth.

6. Strain the remaining broth through a fine-mesh sieve to remove any solids.
7. Season with additional salt and lime juice if desired.
8. Serve hot and enjoy!

3. Mushroom and Kale Veggie Bone Broth

If you prefer a vegetarian or vegan option, this mushroom and kale bone broth recipe is packed with nutrients and provides a fantastic alternative for supporting weight loss and detox.

Ingredients:

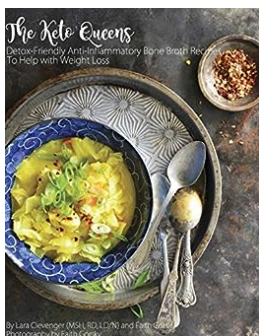
- 8 cups of vegetable broth
- 1 onion, roughly chopped
- 3 cloves of garlic, minced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 cup of sliced mushrooms (any variety you prefer)
- 2 cups of chopped kale leaves
- 1 tablespoon of olive oil
- 1 teaspoon of dried thyme
- 1 teaspoon of dried rosemary
- Sea salt and black pepper to taste

Instructions:

1. In a large pot, heat the olive oil over medium heat.
2. Add the onion, garlic, carrots, and celery. Sauté for about 5 minutes until the vegetables start to soften.
3. Add the mushrooms, kale, thyme, and rosemary to the pot. Sauté for another 2-3 minutes.
4. Pour in the vegetable broth and bring it to a boil.
5. Reduce the heat to low, cover the pot, and let it simmer for 30-40 minutes.
6. Season with salt and black pepper to taste.
7. Remove from heat and serve hot.

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These detox-friendly anti-inflammatory bone broth recipes can be a delicious addition to your weight loss journey. Not only do they offer numerous health benefits, but they also provide comfort and satisfaction. Incorporate these recipes into your routine, and watch as the pounds melt away while your body detoxifies and rejuvenates.



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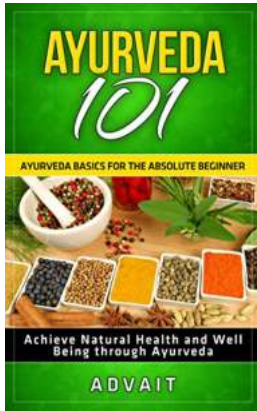
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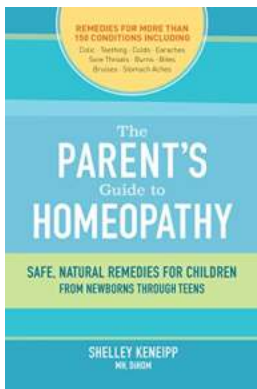
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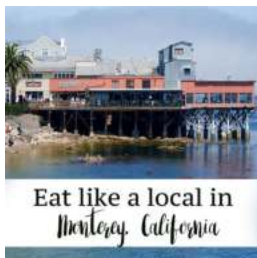
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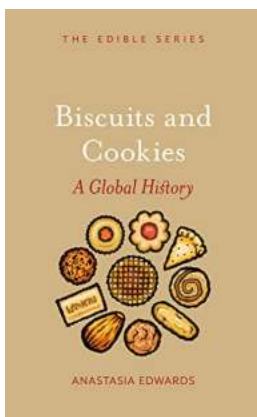
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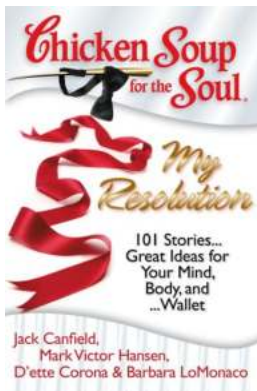
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