

# Ishbel WELL



## Bone Broth

**Yields:** 15 servings | **Prep Time:** 5 minutes  
| **Cook Time:** 40 minutes; 48 hours

### **Ingredients**

4 lbs grassfed beef bones  
12 cups water  
2 T apple cider vinegar  
1 onion  
3 handfuls of vegetable clippings (carrots, kale stems, celery, parsley, bay leaves, garlic, fresh herbs, etc.)

### **Instructions**

- 1) Place bones in a baking dish and roast on 450 degrees for 40 minutes.
- 2) Allow bones to cool.
- 3) Place bones in cast iron stock pot with ACV and water. Let soak for 30 minutes.
- 4) Bring bones to a boil.
- 5) Reduce to a simmer. Add vegetables.
- 6) Simmer on low for 48 hours. Add water when necessary.

### **Notes**

***Bone broth is an excellent source of collagen and protein. Drink this as a healing tonic on its own or as a base for soups.***

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## Alternative Mocha Coffee

**Yields:** 1 serving | **Prep Time:** 5 minutes

### Ingredients

Make your “coffee” however you like: regular coffee, decaf, crio brew or chicory tea. If using chicory tea, combine 1/8 cup with 3 cups boiling water and steep for 5-15 minutes depending on how strong you like it.

1/4 cup full-fat coconut milk

3T cacao

1T vanilla extract

1 scoop collagen powder

1T monk fruit or sweetener of choice

### Instructions

- 1) Combine all ingredients in glass blender. Blend well.
- 2) Enjoy!

### Notes

**Caffeine can be tough on the adrenals. For some people, finding coffee alternatives can be a game-changer for their overall emotional and physical well-being. Be careful when purchasing decaf coffee. Purity coffee is a great option.**

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## Strawberry Kvass

**Yields:** 4 servings | **Prep Time:** 10 minutes | **Set Time:** 2-3 days

### **Ingredients**

1C sliced strawberries

1T raw honey

4 ginger slices

### **Instructions**

- 1) Combine ingredients in a mason jar. Screw top on tightly.
- 2) Shake jar until contents is thoroughly mixed.
- 3) Place in a warm area in your kitchen.
- 4) Every 24 hours, “burp” the jar by unscrewing the top.
- 5) After 2-3 days, the kvass will ferment and become carbonated. Enjoy!

### **Notes**

**Be sure that all of your produce, kitchen utensils and hands are clean. If you notice any mold growing on your kvass, discard immediately. Kvass should smell and taste slightly sweet.**