



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Morning Broth

Ingredients

2 Sliced Carrots	1 Cup Turnips
1 Large Chopped Onion	4 Celery Stalks
1 Cup Daikon Root and Tops	1 Cup Seaweed
1 Cup Winter Squash Cut in Cubes	1 Cup Cabbage
2 Cups Chopped Greens (Include Kale, Beet Greens, or Chard)	Sea Salt to Taste
	1 Cup Fresh or Dried Shiitake Mushrooms

Boil 2 quarts of water in a large soup pot. Add all the ingredients. Cover and bring to a gentle boil for 20 minutes. Lower the heat and simmer for 1 hour. To serve, heat and add 1 tbsp coconut oil and 1 tbsp MCT oil.

After cooling, the broth can be stored in glass containers and refrigerated for consumption throughout the week or freeze for later.

Make 6 servings, ~12 ounces each.

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