



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

Morning Broth

2 Sliced Carrots

1 Large Chopped Onion

1 Cup Daikon Root and Tops

**1 Cup Winter Squash Cut in
Cubes**

**2 Cups Chopped Greens (Include
Kale, Beet Greens, or Chard)**

1 Cup Turnips

4 Celery Stalks

1 Cup Seaweed

1 Cup Cabbage

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. May strain veggies out and drink only broth. 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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