

BONE BROTH RECIPE



Bone Broth is a nutrient-dense superfood for pets! Easily digested, broth has been used worldwide in nourishing traditions to heal and restore gut health

WHAT IS BONE BROTH

Bones and connective tissues are slow cooked to create a gelatinous, nutrient-dense superfood. It is easily digested, even when other foods are not. A highly bioavailable source of protein, minerals, and beneficial nutrients, broth has been used worldwide in nourishing traditions to heal and restore gut health.

HOW IS IT USEFUL?

Good health relies upon a well functioning intestinal wall. The intestinal wall can be damaged by processed and inappropriate foods, medications, stress and various other factors. This causes the wall to become leaky (known as increased intestinal permeability). Beneficial nutrients are lost, and toxins can get through.

A leaky gut can cause and contribute to a host of conditions including:

- Skin and ear problems
- Inflammatory bowel disease
- Autoimmune conditions
- Urinary tract issues
- Joint disease
- Dental disease

Bone broth is usually well tolerated when the intestinal wall is leaky and may promote a reduction in permeability.

Broth aids recovery from wounds, injuries, and surgical trauma and can be used as a nutrient boost for all cats and dogs - **it's like liquid gold!**

WHAT'S IN BONE BROTH?

Collagen - connects body tissues, plumps the skin, lubricates joints and builds mucosal barriers.

Proline - an anti-inflammatory amino acid that helps build healthy cartilage.

Glycine - an amino acid vital for wound healing, blood synthesis and antioxidant production.

Glutamine - promotes rapid cell turnover for a healthy gut lining. Essential for brain health.

Glycosaminoglycans - hydrophilic proteins with lubricating, cushioning, and protecting properties.

Hyaluronic Acid - the main component of synovial fluid (the body's shock absorber).

Chondroitin Sulphate - a structural component of cartilage that helps resist compression.

Bone Marrow - nutrient dense component of bone that generates stem and blood cells.

Minerals - including calcium, phosphorus, magnesium, sulphur, sodium, and potassium.

MAKING YOUR OWN BROTH

1. Place the raw bones in a slow cooker or large pot
2. Add enough water to cover the bones
3. Add 1 - 2 tablespoons of apple cider vinegar
4. Let everything sit for an hour before turning on
5. Cover and bring to a boil
6. Simmer in a large pot for 15 hours (or up to 24 hours in a slow cooker). **Note:** *It is normal for a crusty layer to form over the top.*



For very sensitive pets try a short cooked broth of 6-8 hours. Lower histidine levels may be better tolerated, however the shorter cooking time may reduce other beneficial nutrients.

STORING YOUR BROTH

1. Once cooked, carefully press with a masher to release the nutrients and mix the fat
2. Pour through a strainer and discard the solid matter so you are left with the liquid.
Note: *Never feed cooked bones to your pet.*
3. Cool and store. The broth can be frozen in containers that allow for up to 3 days worth for your pet. Freezing in ice cube or muffin trays before transferring to a lidded container may be useful for smaller volumes.
4. When cold, a hard layer of fat will form on top. Leave this in place until the broth is eaten. The fat layer is very beneficial and should be fed to pets along with the broth (ask us first if your pet needs a low fat diet). It is normal for broth to become gelatinous under the fat layer.
5. Keep unfrozen broth refrigerated and use within 3 days.

SUITABLE BONES FOR MAKING BROTH INCLUDE:

(Typically use 1- 3 prey sources)

- Duck or chicken frames
- Duck, turkey or chicken wings, feet, and necks
- Pig trotters
- Rabbit, venison or goat bones
- Veal brisket or necks
- Lamb brisket

APPROXIMATE AMOUNT TO FEED PER DAY: (Based on your pets weight)

- 5kg: ¼ cup 2-3 times daily
- 10kg: ⅓ cup 2-3 times daily
- 20kg+: ½ cup 2-3 times daily

If your pet is on a novel protein diet, chat to us about suitable broth bones. Theoretically the proteins in bone broth are hydrolysed therefore the prey source may not be critical, however it may be preferable to choose novel prey bones.

Check out related articles on our website or let us know how we can help.

rawessentials.co.nz/contact | online@rawessentials.co.nz