

## Apple Cider Bone Broth

### INGREDIENTS

- 8-12C chicken bone broth
- 8-12C filtered water
- 10-12 Fuji apples, sliced
- 1 orange, halved
- 6-8 whole cloves
- 3-4 cinnamon sticks
- 1/4tsp nutmeg
- 1/4 tsp all spice

1. Place apples and spices into bottom of slow cooker.
2. Fill slow cooker with water and broth. the liquid should equate to about half broth and half water and should fill to about 1-2 inches from top of slow cooker.
3. Set slow cooker on low for about 10-12 hours.
4. Strain liquid and serve immediately!
5. Option to blend the apples (with spices and orange, just remove cinnamon sticks) with immersion blender or in a food processor for a savory apple sauce!