

Mark's Kitchen

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Sip and Serve Thai Coconut Bone Broth - GIVEAWAY!

Ready in: 10 minutes

Serves: 1

By now many of you are reading my new book, [Eat Fat. Get Thin](#) and have discovered the wonderful world of healing foods! One of my favorite healing foods is bone broth. Believe the hype about this delicious stuff. Try this nutritious broth as a snack anytime to heal your gut, your joints, your skin, and so on.

I've teamed up with one of my favorite bone broth companies, [Kettle & Fire](#), to do a **bone broth giveaway!** Share this delicious recipe on your Facebook page for a chance to win 1 box of this grass-fed, 100 percent organic broth.

Ingredients:

7 ounces of Kettle & Fire. Grass-fed Beef Bone Broth

1/2 pinch dried cumin

1 pinch sea salt

1 pinch freshly ground white pepper

1 pinch freshly ground black pepper

1 pinch ground dried hot Thai chilies, or to taste

2 pinch dried lemongrass

2 pinch garlic powder

2 pinch dried ginger

2 pinch dried mint

2 pinch toasted, unsweetened shredded coconut, ground

Step 1: Combine all the ingredients in a small saucepan and heat on medium-high heat for 5 to 8 minutes.

Step 2: Pour into your favorite mug or bowl and enjoy!

Nutritional analysis of 1 serving of Kettle & Fire Bone Broth (without shredded coconut)

Calories 40 • Fat 1 g • Fiber 1 g • Protein 6 g • Carbohydrate 5 g • Sodium 280 mg