



BONE BROTH SIPPING GUIDE:



15 Delicious Bone Broth Beverages



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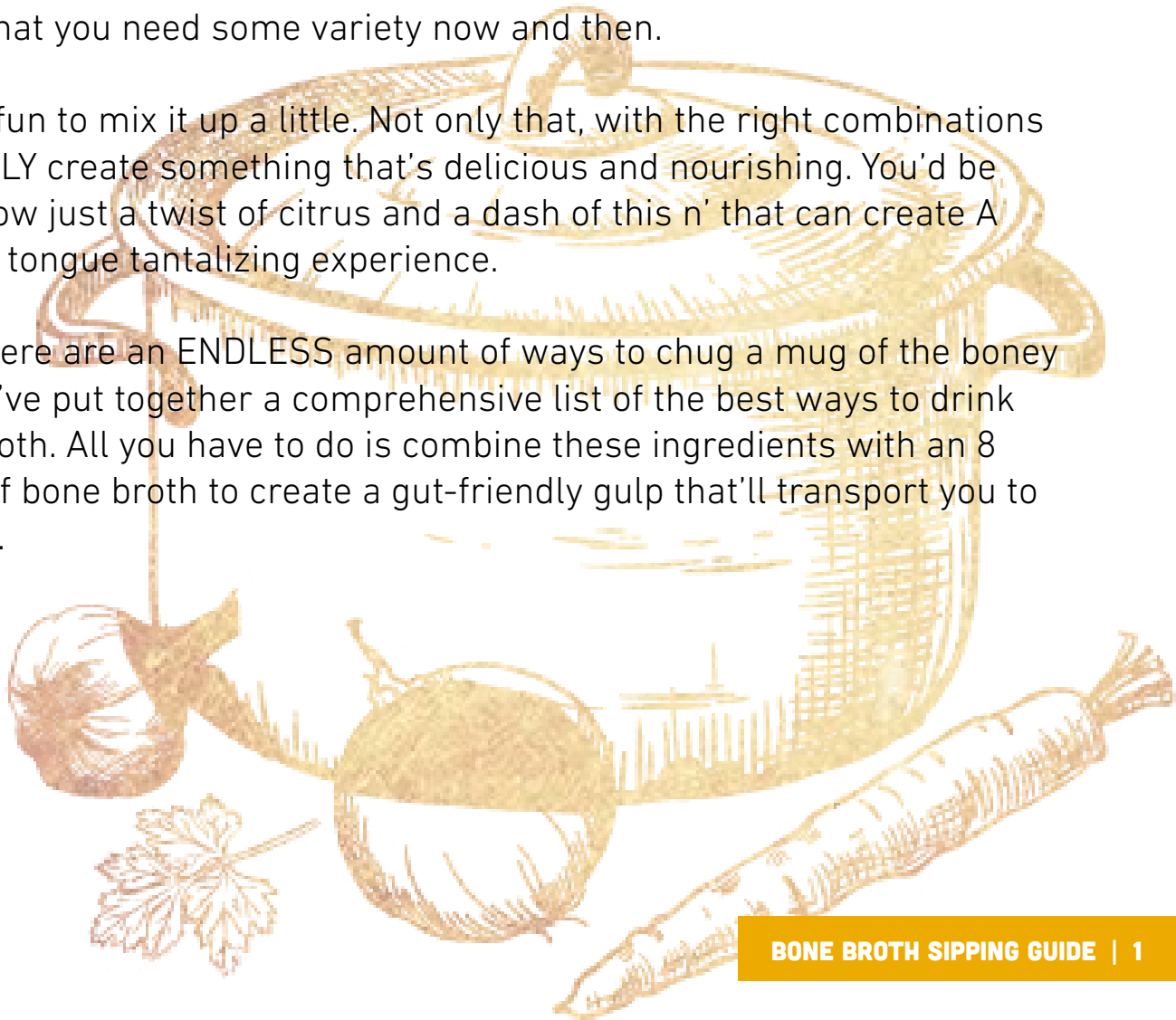
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If you've ever taken a savory swig of our bone broth, you know it's darn delicious. Seeing as how it's made from top notch ingredients (100% grass-fed marrow bones and certified organic veggies), how could it not be? Toss them all together in stockpot and tend to them with a little Kettle & Fire style TLC and you get a magnificent, gut-healing elixir that can hold it's own flavor-wise AS IS, without a doubt.

But, we get that you need some variety now and then.

After all, it's fun to mix it up a little. Not only that, with the right combinations you can EASILY create something that's delicious and nourishing. You'd be amazed at how just a twist of citrus and a dash of this n' that can create A WHOLE NEW tongue tantalizing experience.

Now, truly, there are an ENDLESS amount of ways to chug a mug of the boney brew, but we've put together a comprehensive list of the best ways to drink your bone broth. All you have to do is combine these ingredients with an 8 ounce mug of bone broth to create a gut-friendly gulp that'll transport you to another land.





Herb and Spice Tonics



GINGER OREGANO BONE BROTH

1 cup beef bone broth
1/2 teaspoon ginger
1 tablespoon lemon juice
1 sprig oregano



HOT APPLE CIDER TURMERIC BONE BROTH

1 cup chicken bone broth
1 tablespoon apple cider vinegar
½ teaspoon turmeric
A dash of garlic powder
2 fresh sage leaves



SPICY JALAPENO BONE BROTH DRINK

1 cup beef bone broth

A dash of Himalayan pink salt

3 slices jalapeno



HIMALAYAN PINK SALT BONE BROTH SIPPER

- 1 cup chicken bone broth
- 1 tablespoon apple cider vinegar
- A dash of Himalayan pink salt
- A dash of ground black pepper
- 1 fresh basil leaf



LEMON AND THYME BONE BROTH SOOTHER

- 1 cup chicken bone broth
- 1 slice lemon
- 1 sprig thyme



GINGER TURMERIC BONE BROTH TONIC

1 cup beef bone broth
A dash of Himalayan pink salt
1 teaspoon fresh ginger, minced
1 teaspoon fresh turmeric
A dash of cayenne pepper
1/2 a lemon, juiced



CHILI AND CARDAMOM BONE BROTH ELIXIR

1 cup beef bone broth
A dash of chili powder
A dash of cardamom
1 teaspoon avocado oil
A dash of Himalayan pink salt
A dash of nutmeg

A dash of aniseed
A dash of cacao
A dash of cinnamon



MUSHROOM CHICKEN BONE BROTH SIPPER

1 cup mushroom chicken bone broth
1 mushroom, chopped
A dash of black pepper
1 sprig thyme



GHEE AND PAPRIKA-SPICED BONE BROTH MUG

1 cup beef bone broth
½ tablespoon ghee
A dash of paprika
A dash of sea salt



GINGER LEMON BONE BROTH HEALER

1 cup beef bone broth

½ teaspoon fresh ginger, minced

½ a lemon, juiced

1 sprig rosemary



Ice cubes, Coffees and Teas

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CHICKEN
BONE BROTH



BONE BROTH ICE CUBES

INGREDIENTS:

6 ounces beef bone broth

6 ounces chicken bone broth

1 sprig fresh rosemary, cut into small pieces

A few fresh sage leaves

½ teaspoon turmeric powder



BONE BROTH ICE CUBES

INSTRUCTIONS:

1. Using a food safe silicone ice cube tray pour beef bone broth into half of the ice cube tray.
(We used a 6-slot ice cube tray in this recipe that created 2-inch cubes.)
2. Pour chicken bone broth into the remaining half of the ice cube tray.
3. Tuck rosemary, sage or a mix of both in a few bone broth ice cube slots with the bone broth.
4. Mix in a little bit turmeric powder into the rest of the ice cube slots with bone broth. Use more turmeric if desired.
5. Place the ice cube tray in a freezer for about 24 hours or until completely solid.
6. Enjoy with any iced beverage of your choice for added nutrients!



ICED MATCHA GREEN TEA WITH BONE BROTH

INGREDIENTS:

½ cup beef bone broth

½ tablespoon green matcha tea powder

½ cup almond milk

1 2-inch beef bone broth ice cube



ICED MATCHA GREEN TEA WITH BONE BROTH

INSTRUCTIONS:

1. In a small pot over medium heat, warm $\frac{1}{2}$ cup of beef bone broth.
2. Once the beef bone broth is hot pour into a small bowl. Mix in the green matcha tea powder stir with a fork until there are no clumps.
3. Using a blender add the matcha mixture and almond milk. Blend on high for 1 minute to build froth.
4. Pour the matcha tea into a glass with a beef bone broth ice cube and enjoy.



ICED GOLDEN MILK LATTE WITH CHICKEN BONE BROTH

INGREDIENTS:

- ½ cup chicken bone broth
- ½ tablespoon turmeric powder
- A dash of ground black pepper
- ½ almond milk
- 1 2 inch ice chicken bone broth cube



ICED GOLDEN MILK LATTE WITH CHICKEN BONE BROTH

INSTRUCTIONS:

1. In a small pot over medium heat, warm $\frac{1}{2}$ cup of chicken bone broth.
2. Once the bone broth is hot pour into a small bowl. Mix in the turmeric powder stir with a fork until there are no clumps.
3. Using a blender add the turmeric mixture, black pepper and almond milk. Blend on high for 1 minute to build froth.
4. Pour the turmeric latte into a glass with a chicken bone broth ice cube and enjoy.



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Smoothies and Shakes

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PINEAPPLE MANGO GINGER BONE BROTH SMOOTHIE

INGREDIENTS:

- 1 banana
- 1/2 cup mango (frozen or fresh)
- 1/2 cup pineapple (frozen or fresh)
- 3-4 chicken bone broth ice cubes
- 1 tablespoon fresh ginger, grated
- 1 teaspoon fresh turmeric
- 1/2 cup water

INSTRUCTIONS:

1. Place all ingredients in a food processor. Blend on high-speed for 30-45 seconds until smooth. Pour into a glass and enjoy!



GREEN BONE BROTH SMOOTHIE

INGREDIENTS:

- 3-4 beef bone broth ice cubes
- 1 cup spinach rinsed
- 1 banana peeled and sliced
- 1 green apple cored and sliced
- 1/2 cup water

INSTRUCTIONS:

1. Place all ingredients in a food processor. Blend on high-speed for 30-45 seconds until smooth. Pour into a glass and enjoy!



MIXED BERRY BONE BROTH SMOOTHIE

INGREDIENTS:

- 3-4 chicken bone broth ice cubes
- 1 cup mixed berries, rinsed
- 1 banana, peeled and sliced
- ¼ cup flaxseeds
- ½ cup water

INSTRUCTIONS:

1. Place all ingredients in a food processor. Blend on high-speed for 30-45 seconds until smooth. Pour into a glass and enjoy!



BLUEBERRY PROTEIN BONE BROTH SMOOTHIE

INGREDIENTS:

- 1 banana
- 1/2 cup frozen organic blueberries
- 3-4 beef bone broth ice cubes
- 1/2 cup spinach
- 1 scoop protein powder
- 1 heaping overflowing teaspoon of raw honey
- 1 teaspoon spirulina
- 1/2 cup water

INSTRUCTIONS:

1. Place all ingredients in a food processor. Blend on high-speed for 30-45 seconds until smooth. Pour into a glass and enjoy!





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