



RECIPE GUIDE

HEALTHY RECIPES FOR **BREAKFAST, LUNCH, DINNER, AND SNACKS**



CONTENTS

BREAKFAST

GREEN BONE BROTH SMOOTHIE PAGE 4
PASSIONATELY APHRODISIACAL SMOOTHIE PAGE 5
AWESOMELY IMMUNE BOOSTING SMOOTHIE PAGE 6

LUNCH

ASIAN BEEF LETTUCE WRAPS PAGE 8
SUMMER VEGETABLE QUINOA SALAD PAGE 9
GAZPACHO RECIPE WITH CILANTRO CHIMICHURRI PAGE 10

DINNER

SEAFOOD QUINOA SALAD PAGE 12
SHOYU RAMEN PAGE 13
SLOW COOKER CRISPY CHICKEN CARNITAS PAGE 15

SNACKS

PALEO POUTINE WITH BONE BROTH GRAVY PAGE 17
RASPBERRY COLLAGEN GUMMIES PAGE 19
MIXED BERRY SMOOTHIE PAGE 20

BONES

8 EASY WAYS TO DRINK BONE BROTH PAGE 22

A top-down view of a glass filled with a vibrant green smoothie, topped with a dusting of green powder. The glass sits on a light-colored wooden tray. To the left, there are fresh green spinach leaves. To the right, a golden-brown croissant is partially visible. The background is a soft-focus grey surface.

BREAKFAST



GREEN BONE BROTH SMOOTHIE

SERVINGS | PREP TIME 0:05

INGREDIENTS

- 3 - 4 Kettle & Fire Beef Bone Broth ice cubes
- 1 cup spinach rinsed
- 1 banana peeled and sliced
- 1 green apple cored and sliced
- 1/2 cup water

STEP 1

Make bone broth ice cubes the night prior by pouring Kettle and Fire Beef Bone Broth into ice tray.

STEP 2

Place the spinach, banana, and apple in a blender with 1/2 cup of water. Add 3-4 beef bone broth ice cubes.

STEP 3

Blend on high speed for 30-45 seconds or until smooth. Pour into a glass and enjoy!

Nutrition Facts	
Serving Size (557 g) 1 of 1 servings	
Amount per serving	
Calories	217
% Daily Value *	
Total Fat 1g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 148mg	6%
Total Carbohydrates	37%
Dietary Fiber 8g	62%
Total Sugars 28g	
Protein 6g	11%
Vitamin D 0mcg	0%
Calcium 88mg	9%
Iron 2mg	13%
Potassium 630mg	13%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. % Daily Value here is based on your custom profile.



PASSIONATELY APHRODISIACAL

SERVINGS | PREP TIME 0:05

INGREDIENTS

- 3 - 4 K&F Beef Bone Broth ice cubes
- A dash chili powder
- A dash of cardamom
- 1 tsp avocado oil
- A dash of Himalayan pink salt
- A dash of nutmeg
- A dash of aniseed
- A dash of cacao
- A dash of cinnamon

STEP 1

Make bone broth ice cubes the night prior by pouring Kettle and Fire Beef Bone Broth into ice tray.

STEP 2

Place the spices and avocado oil in a blender with ½ cup of water. Add 3-4 beef bone broth ice cubes.

STEP 3

Blend on high speed for 30-45 seconds or until smooth. Pour into a glass and enjoy!

Nutrition Facts	
Serving Size (244 g) 1 of 1 serving	
Amount per serving	
Calories	58
% Daily Value *	
Total Fat 5g	15%
Saturated Fat 1g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 153mg	7%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	2%
Total Sugars 0g	
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 25mg	3%
Iron 0mg	1%
Potassium 44mg	1%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. % Daily Value here is based on your custom profile.



AWESOMELY IMMUNE BOOSTING

SERVINGS | PREP TIME 0:05

INGREDIENTS

- A dash of himalayan pink salt
- 1 tsp fresh ginger
- A dash of cayenne pepper
- 1 tsp fresh turmeric
- Juice of ½ a lemon

STEP 1

Make bone broth ice cubes the night prior by pouring Kettle and Fire Beef Bone Broth into ice tray.

STEP 2

Place the spices and lemon in a blender with ½ cup of water. Add 3-4 beef bone broth ice cubes.

STEP 3

Blend on high speed for 30-45 seconds or until smooth. Pour into a glass and enjoy!

Nutrition Facts	
Serving Size (155 g) 1 of 1 servings	
Amount per serving	
Calories	25
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 149mg	6%
Total Carbohydrates 3g	2%
Dietary Fiber 0g	1%
Total Sugars 1g	
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 13mg	1%
Iron 0mg	0%
Potassium 87mg	2%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. % Daily Value here is based on your custom profile.



LUNCH





ASIAN BEEF LETTUCE WRAPS

SERVINGS 4

PREP TIME 0:10

COOKING TIME 0:20

INGREDIENTS

- 1 pound ground beef
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup mushrooms, chopped
- 1 cup Kettle & Fire beef bone broth
- ¼ cup gluten-free hoisin sauce
- 1 tablespoon coconut aminos
- 16 green lettuce leaves
- ½ cup sliced carrots
- 2 scallions, diced

STEP 1

Brown ground beef in a large skillet over medium high heat. Season with salt and pepper. Drain most of the grease, reserving 1 tablespoon of grease in the pan. Set ground beef aside.

STEP 2

In the same pan, add the onion. Cook, while stirring occasionally, until clear, 6-8 minutes. Add in the garlic and mushrooms. Cook an additional 2-3 minutes.

STEP 3

Stir the ground beef back in. Add in the bone broth, hoisin sauce, and coconut aminos. Lower heat to a simmer, and let reduce down until broth has boiled away, about 6-8 minutes.

STEP 4

Remove beef mixture from heat, and scoop into lettuce wraps. Top with fresh carrots and scallions. Enjoy!

Nutrition Facts	
Serving Size (428 g) 1 of 4 servings	
Amount per serving	
Calories	364
% Daily Value *	
Total Fat 15g	25%
Saturated Fat 5g	29%
Trans Fat 0g	
Cholesterol 101mg	34%
Sodium 547mg	24%
Total Carbohydrates 20g	8%
Dietary Fiber 4g	14%
Total Sugars 10g	
Protein 37g	69%
Vitamin D 0mcg	0%
Calcium 97mg	8%
Iron 5mg	64%
Potassium 1133mg	24%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. % Daily Value here is based on your custom profile.



SUMMER VEGETABLE QUINOA SALAD

SERVINGS 6

PREP TIME 0:20

COOKING TIME 0:20

QUINOA

1 ½ cups quinoa, rinsed & drained
 1 carton K&F Chicken Bone Broth
 1 cup water
 ½ tsp salt

LEMON VINAIGRETTE

½ cup extra virgin olive oil
 2 tbsp white wine vinegar
 2 tbsp lemon juice, fresh
 ¼ tsp salt
 3 tbsp honey

QUINOA SALAD

1 cup bell pepper, cut bite-sized
 1 cup cucumber, cut bite-sized
 1 cup cherry tomatoes, cut in half
 ½ cup red onion, finely chopped

STEP 1 Place quinoa, Kettle & Fire chicken bone broth, water, and ½ teaspoon salt in a medium-sized saucepan and bring ingredients to a boil.

STEP 2 Reduce heat to low, cover, and simmer for 15-20 minutes, or until almost all of the liquid is absorbed.

STEP 3 Let quinoa come to room temperature before combining with remaining ingredients.

STEP 4 In a small food processor, or high speed blender, combine honey, lemon juice, white wine vinegar, olive oil, and ¼ teaspoon salt.

STEP 5 Process for 2-3 minutes, or until vinaigrette has thickened.

STEP 6 To assemble the quinoa salad, in a large bowl, combine cooked quinoa, bell pepper, cucumber, cherry tomatoes, and red onion.

STEP 7 Drizzle half of the vinaigrette over the quinoa and toss to combine. Add remaining vinaigrette and toss well.

STEP 8 Chill quinoa salad for at least 2 hours before serving. Keep quinoa salad refrigerated between servings. Enjoy!

Nutrition Facts

Serving Size (289 g) about 1.5 cups	
Amount per serving	
Calories	404
% Daily Value *	
Total Fat 22g	37%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 3mg	1%
Sodium 381mg	17%
Total Carbohydrates 44g	17%
Dietary Fiber 5g	19%
Total Sugars 11g	
Protein 9g	17%
Vitamin D 0mcg	0%
Calcium 14mg	1%
Iron 2mg	28%
Potassium 532mg	11%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. % Daily Value here is based on your custom profile.



GAZPACHO WITH CILANTRO CHIMICHURRI

SERVINGS 4

PREP TIME 0:15

COOKING TIME 0:30

- 2 large tomatoes
- 2 large bell peppers
- ¼ habanero pepper, deseeded
- ½ medium beet
- 1 ½ cups K&F Chicken Bone Broth
- ¼ cup olive oil
- 2 tbsp balsamic vinegar

CILANTRO CHIMICHURRI

- 1 cup packed cilantro
- 1 clove garlic
- 1 tsp diced jalapeño, deseeded
- ¼ cup extra virgin olive oil
- ½ lime

GARNISH

- Freshly cooked corn
- Fresh cilantro leaves
- Salt and pepper to taste

STEP 1 Preheat the oven to 400°F. Bring a small saucepan of water to a boil.

STEP 2 Roughly chop tomatoes, bell peppers, and carefully deseeded habanero.

STEP 3 Drizzle with 1 tablespoon olive oil, and spread on sheet pan.

STEP 4 Roast for 20-25 minutes, or until slightly charred and tender.

STEP 5 Meanwhile, boil 1 small beet for 20 minutes, or until tender when poked with fork. Remove and let cool.

STEP 6 In a food processor, combine all ingredients for chimichurri. Pulse until well combined.

STEP 7 When tomatoes and peppers are ready, add all gazpacho ingredients to a high-speed blender. Blend on high for 50-60 seconds, or until completely smooth.

STEP 8 Chill in refrigerator for at least 1-2 hours, or store in airtight container for up to 5 days before consuming.

STEP 9 Pour into bowls and garnish with fresh corn and cilantro chimichurri. Enjoy!

Nutrition Facts

Amount per serving	
Calories	320
% Daily Value *	
Total Fat 29g	48%
Saturated Fat 4g	21%
Trans Fat 0g	
Cholesterol 4mg	1%
Sodium 135mg	6%
Total Carbohydrates 11g	4%
Dietary Fiber 3g	11%
Total Sugars 7g	
Protein 6g	10%
Vitamin D 0mcg	0%
Calcium 31mg	3%
Iron 1mg	14%
Potassium 635mg	14%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. % Daily Value here is based on your custom profile.



DINNER



SEAFOOD QUINOA SALAD

RECIPE BY **STREETSMART KITCHEN**

SERVINGS 4

PREP TIME 0:20

COOKING TIME 0:15

1 cup uncooked quinoa
1 ½ cups K&F Chicken Bone Broth
1 (6oz) tuna steak
8 oz medium-sized shrimp
1 tsp Old Bay seasoning
½ tsp ground black pepper
1 tsp Old Bay seasoning

½ tsp ground black pepper
1 avocado, diced
½ cup red onion, thinly sliced
2 radishes, thinly sliced
1 serrano pepper, sliced
¼ cup fresh cilantro leaves, chopped
Lemon wedges for serving

DRESSING

1/3 cup extra virgin olive oil
2 tbsp lemon juice
1 tbsp Dijon mustard
1 tsp Old Bay seasoning
½ tsp ground black pepper

STEP 1 Place quinoa in a medium saucepan and cover with chicken bone broth. Bring to a boil, then turn down the heat, cover, and simmer for 12–14 minutes, or until all of the broth is absorbed. Remove from the heat and keep covered for 5 more minutes.

STEP 2 Brush some olive oil on each side of the tuna steak. Sprinkle with 1/2 teaspoon Old Bay seasoning and 1/4 teaspoon ground black pepper. Set aside.

STEP 3 Place shrimp in a medium bowl, season with 1/2 teaspoon Old Bay seasoning and 1/4 teaspoon ground black pepper. Mix well and set aside.

STEP 4 Grease a cast iron griddle and heat it up over medium-high heat. Once the griddle is hot, place shrimp on it in one layer, leaving some room for the tuna steak. Cook each side of the shrimp for 2 minutes undisturbed.

STEP 5 One minute before the shrimp is done, place the tuna steak on the griddle, sear each side for 30 seconds.

STEP 6 Remove from heat, let cool and cut into cubes.

STEP 7 Cut avocado, onion, radish, serrano pepper, and chop cilantro.

STEP 8 In a small bowl, combine the dressing ingredients and mix well.

STEP 9 Place all ingredients in a large mixing bowl. Pour the dressing over. Mix well.

STEP 10 Dish and serve with lemon wedges.



SHOYU RAMEN

RECIPE BY **SLIM PALATE**

SERVINGS 4

PREP TIME 0:10

COOKING TIME 1:00

CHASHU (optional)

1½ pounds unsliced raw pork belly
½ cup soy sauce
1 cup mirin
¾ cup sake
½ bunch green onions or scallions
chopped into 2-inch segments
3 whole cloves garlic peeled
1 inch piece ginger peeled and
sliced
1 shallot halved

BONITO DASHI

2½ cups water
2 inch piece kombu
½ cup bonito flakes lightly packed

RAMEN BROTH

5½ cups chicken stock/broth
6 cloves garlic peeled and sliced thin
4" piece ginger peeled and sliced thin
2 shallots peeled and finely chopped
3 tbsp avocado oil or oil of your
choice (don't use extra virgin olive oil,
animal fat like lard or duck fat works
great here too)
¼ cup plus 1½ tbsp soy sauce
3½ tbsp mirin

RAMEN TOPPINGS

Ramen style straight noodles (you
can also get gluten free noodles or
use zoodles to make this paleo or
gluten free)
4 cold eggs (these will be made into
medium boiled eggs, instructions
are in the toppings directions)
Finely sliced green onion or
scallions
Chili oil (optional)
Finely sliced rehydrated shiitake
mushrooms (see notes)
Japanese togarashi spice (optional)

CHASHU

(Warning! The chashu pork takes hours to make, but fear not, if you choose not to make this then just skip this part! If you do choose to make it then do this first)

STEP 1 Preheat oven to 275 degree Fahrenheit.

STEP 2 Tightly roll your pork belly up into a log, rolling down the longest side to create log like this and tie it off with twine spaced about a ½ inch apart to keep it together.

STEP 3 In an oven safe medium pot or dutch oven add all of the ingredients for the chashu except the rolled pork.

STEP 4 Bring that up to a boil and add the pork and place it in the oven with the pot lid slightly ajar for 3-4 hour. Turning the pork over every side to coat, every 30 minutes.

STEP 5 Once it's done remove the pot from the oven and let the pork cool in the fridge for a few hours but ideally overnight. When it comes time to serve the ramen, remove the twine and slice the chashu into ¼ inch slices and reheat the slices in a pan over medium heat until the slices are hot.

BONITO DASHI

(This is easy and fast to make, less than 10 minutes)

STEP 1 In a medium sized pot add the 2½ cups of water and kombu. Place the pot over medium heat and let it come up naturally.

STEP 2 Just before the water comes to a boil remove the kombu from the water. Boiling the kombu can create a bitter and slimy textured dashi, and you don't want that.

STEP 3 At this point add the bonito flakes and let the water come all the way up to a boil. Once it's at a boil drop the heat to a low and let it simmer for 1 minute.

STEP 4 Remove the pot from the heat and add a lid to the pot. Let the bonito flakes steep in the hot water for an additional 5 minutes.

STEP 5 Strain the dashi into a heat-proof container and discard the bonito flakes.

RAMEN BROTH

STEP 1 In a large pot or stock pot add the oil and heat over medium heat until very hot. Add the sliced garlic and fry until it begins to toast to a golden color. Stop the toasting of the garlic by adding the finely chopped shallot, and thinly chopped ginger. Season very lightly with a pinch of salt to draw the moisture out of the vegetables. Cook this until the shallots turn translucent. Be sure to keep an eye on the toasted garlic to make sure it doesn't get too much darker, reduce the heat if necessary to keep the garlic from getting blackened.

STEP 2 Add the chicken stock, bonito dashi you just made, mirin, and ¼ cup of the soy sauce (reserve the remaining ½ tablespoons for the end), and stir. Turn the heat up to high and bring to a boil. Once it begins to boil, reduce the heat to low and simmer with a lid on for 45 minutes to an hour.

STEP 3 Add the remaining ½ tablespoons soy sauce.

RAMEN TOPPINGS

STEP 1 I would recommend boiling your eggs while your ramen broth is still simmering to save time, that way when the ramen is done you'll already have boiled and peeled eggs. You can apply this task stacking method with any of the toppings for the ramen. First start by bringing a medium sized pot of water to a boil. Add your cold eggs and boil them for 7 minutes. Remove the eggs with a slotted spoon and transfer them to medium sized bowl filled with ice water. Let them cool until mostly cooled. Peel the eggs when they're cool and set them aside.

STEP 2 With the remaining water that you boiled the eggs in (or not if you poured it out, no big deal), boil your noodles according to package instructions.

SERVE

STEP 1 Pour the Hot broth into a medium to large sized bowl, add your noodles, your heated chashu (or other cooked meat of choice), a medium boiled egg sliced in half, finely chopped green onions, sliced shiitake mushrooms, small droplets of chili oil, and a sprinkle of togarashi.



SLOW COOKER CRISPY CHICKEN CARNITAS

RECIPE BY **KIM'S CRAVINGS**

SERVINGS 2

PREP TIME 0:15

COOKING TIME 4:15

CARNITAS MEAT

4-5 pounds boneless skinless chicken breasts (or chicken thighs)
2 cups K&F Chicken Bone Broth
3/4 cup fresh orange juice
1 small red onion, diced

4 cloves garlic, peeled and minced
1 tablespoon chipotle powder
2 teaspoons cumin
1 tsp chili powder
1/2 tsp black pepper
1 1/2 teaspoons salt
2-4 fresh limes

CARNITAS BOWLS

1 head romaine lettuce, cut into about 1-inch wide strips, washed, and dried
Guacamole and salsa
Fresh cilantro and diced red onion

STEP 1 Add the chicken, broth, orange juice, onion, garlic and seasonings to the bowl of a large slow cooker. Gently toss to combine.

STEP 2 Cook on low for 6-8 hours or on high for 4-5 hours until the chicken is completely tender and shreds easily with a fork.

STEP 3 Once the chicken is cooked, preheat your broiler to high heat and grease one large baking sheet with cooking spray. Use a fork to shred the chicken into bite-sized pieces. Then use a slotted spoon to transfer it to the prepared baking sheet, spreading the chicken in an even layer and leaving the juices behind in the slow cooker. (Don't discard the juices, you will use them later!)

STEP 4 Place baking sheet under the broiler, 2 racks down from the very top, and broil for about 5-6 minutes, or until the edges of the chicken begin browning and crisping up. Remove the sheet from the oven, then ladle about 1/2 cup of the juices from the slow cooker evenly over the chicken, and then give it a good toss with some tongs so that the chicken is evenly coated with the juices. Broil for an additional 5 minutes to get the meat more crispy. Then remove and ladle an additional 1/2 cup of broth over the crispy chicken. Broil for an additional 5 minutes. Then remove sheet from the oven, and toss chicken with the remaining juices. Then drizzle with fresh lime juice from the limes.

STEP 5 Create a Chipotle copycat carnita bowl or serve in tacos, burritos, or salads. This chicken can also be refrigerated in a sealed container for up to 3 days, or frozen in a sealed container for up to 3 months.



SNACKS



PALEO POUTINE WITH GRAVY

SERVINGS 2

PREP TIME 0:15

COOKING TIME 0:45

TALLOW FRIES

1 large white sweet potato
3 to 4 tbsp beef tallow
Sea salt and pepper to taste

BONE BROTH GRAVY

1 carton K&F Beef Bone Broth
1 cup chopped white onion
4 garlic cloves

ROASTED GARLIC

¼ cup peeled garlic cloves
1 teaspoon olive oil
Pinch of sea salt

TALLOW FRIES

STEP 1 Wash and dry sweet potato. Leaving the skin on, slice sweet potato into long French fry thick slices, about 5 inches long and no more than ½-inch wide.

STEP 2 Heat beef tallow in a large cast iron skillet over medium heat until hot. Lay sweet potato slices in the skillet in a single layer, avoiding overcrowding by cooking in two batches if needed.

STEP 3 Fry sweet potatoes until golden, crispy, and cooked through, flipping halfway through, for about 10 minutes. Keep warm.

BONE BROTH GRAVY

STEP 1 In a small saucepan, bring broth, onion and garlic to a boil over medium-high heat. Reduce heat to medium-low and fit lid loosely on saucepan to allow steam to escape.

STEP 2 Simmer for 25 to 30 minutes until onion and garlic are tender. Transfer to a high-powered blender and blend until smooth.

STEP 3 Transfer gravy back to the saucepan and bring to a boil again over medium-high heat. Reduce heat to medium-low, leave uncovered, and reduce gravy for about 15 minutes until it's thick enough to coat a spoon. Keep warm.

ROASTED GARLIC

STEP 1 Preheat oven to 400°F. Line baking sheet with parchment paper. Toss garlic cloves with olive oil

and sea salt and spread evenly on prepared sheet.

STEP 2 Roast for 15 to 20 minutes until golden and tender. Set aside.

ASSEMBLE THE POUTINE

STEP 1 Assemble poutine by layering fries in serving dish with gravy drizzled on top and garnished with roasted garlic. Serve immediately.

Nutrition Facts	
Serving Size (299 g) 1/2 of the recipe	
Amount per serving	
Calories	315
% Daily Value *	
Total Fat 22g	37%
Saturated Fat 10g	52%
Trans Fat 0g	
Cholesterol 21mg	7%
Sodium 141mg	6%
Total Carbohydrates 25g	9%
Dietary Fiber 4g	13%
Total Sugars 6g	
Protein 6g	10%
Vitamin D 0mcg	1%
Calcium 70mg	6%
Iron 1mg	9%
Potassium 419mg	9%
* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. % Daily Value here is based on your custom profile.	



RASPBERRY COLLAGEN GUMMIES

SERVINGS 24 GUMMIES

PREP TIME 0:10

COOKING TIME 0:20

INGREDIENTS

- 2/3 cup Kettle & Fire Chicken Bone Broth
- 3 1/3 tablespoons gelatin powder
- 2 tablespoons honey
- 1 cup frozen raspberries
- 1/2 cup lemon juice

STEP 1

In a small pot, stir Kettle and Fire chicken bone broth with gelatin powder over low heat.

STEP 2

Once gelatin has melted and has a smooth consistency, add honey.

STEP 3

In a blender, add frozen raspberries and lemon juice. Blend on high until fully combined. It should have a smoothie-like texture.

STEP 4

Add raspberry and lemon mixture to the pot with bone broth and mix well over low heat.

STEP 5

Remove pot from the stove and pour the mixture into small silicone molds. Pro tip: use a turkey baster to leave less of a mess.

STEP 6

Move silicone molds to the refrigerator and let sit for 20 minutes, or until firm. Remove the gummies from the silicone molds and enjoy.

Nutrition Facts	
Serving Size (31 g) 5 gummies	
Amount per serving	
Calories	17
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 14mg	1%
Total Carbohydrates 4g	3%
Dietary Fiber 0g	1%
Total Sugars 3g	
Protein 1g	1%
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	0%
Potassium 33mg	1%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. % Daily Value here is based on your custom profile.



MIXED BERRY SMOOTHIE

SERVINGS |

PREP TIME 0:05

COOKING TIME 0:05

INGREDIENTS

- 3-4 Kettle & Fire Chicken Bone Broth ice cubes
- 1 cup mixed berries, rinsed
- 1 banana, peeled and sliced
- ¼ cup flaxseeds
- ½ cup water

STEP 1

Make bone broth ice cubes the night prior by pouring Kettle and Fire Chicken Bone Broth into an ice tray and freeze it.

STEP 2

Place the mixed berries, banana, and flax seeds in a blender with ½ cup of water. Add 3-4 chicken bone broth ice cubes. Blend until smooth.

STEP 3

Pour into a glass and enjoy!

Nutrition Facts	
Serving Size (522 g) 1 serving about 2.5 cups	
Amount per serving	
Calories	310
* % Daily Value *	
Total Fat 8g	26%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 135mg	6%
Total Carbohydrates 52g	39%
Dietary Fiber 16g	119%
Total Sugars 24g	
Protein 13g	24%
Vitamin D 0mcg	0%
Calcium 83mg	8%
Iron 3mg	15%
Potassium 689mg	15%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. % Daily Value here is based on your custom profile.

BONUS



8 WAYS TO DRINK BONE BROTH

THE IRON MAN

Oxygenate your blood cells with this iron rich concoction

- Juice of ½ a lime
- 1 tsp seaweed flakes or kelp granules
- 1 tsp sesame seeds
- 1 tsp poppy seeds

VOYAGE TO THE TAJ MAHAL

Indian inspired

- A dash of cumin
- A dash of curry
- 1 tsp ghee
- A dash of red pepper
- A dash of coriander
- A dash of fennel seeds
- A dash of fenugreek
- A dash of garam masala

THE CASA BLANCA

Moroccan Inspired

- 1 tbsp Harissa sauce
- Juice of ½ lemon
- 1 tsp sesame seeds

LUSH OASIS IN THE NEGEV DESERT

Israeli inspired

A dash of black pepper
A dash of Himalayan pink salt
A dash of za'atar

A dash of cumin
1 tsp olive oil
A dash of cloves

LOTUS FLOATING THROUGH BANGKOK

Thai inspired

3 tsp coconut milk
1 tsp coconut aminos
Juice of ½ a lime
A dash of dried lemongrass

1 tsp coconut oil
1 tsp sriracha
A few leaves of fresh cilantro
1 tsp fish sauce (optional)

FROM ACAPULCO WITH LOVE

Mexican inspired

A dash of chili powder
A dash of garlic
A dash of coriander

A dash of Celtic sea salt
A dash of oregano
A dash of annatto (optional)

HOLIDAY IN VERSAILLES

French inspired

A dash of tarragon
A dash of chervil
1 pat of butter
Juice of ¼ lemon

1 tsp chives
A dash of coriander
A dash of unrefined salt

RED WHITE & BLUE KANSAS CITY STYLE BBQ

All American inspired

A dash of allspice
A dash of chili powder
A dash of paprika
1 tbsp apple cider vinegar

1 tsp ketchup
1 tsp coconut aminos
1 pat of butter



Kettle & Fire

