

Potassium Broth

Ingredients

4 organic, well scrubbed potatoes

3 organic carrots, peeled and chopped

4 organic celery stalks, chopped

1 bunch organic parsley

4 quarts filtered water

1 scoop of goat whey protein

Instructions

Peel potatoes. Place the potato peelings, carrots and celery in a large pot with the filtered water. Bring to a boil, reduce heat and simmer for 30 minutes. Add parsley and simmer for 5 more minutes.

Cool and strain the finished potassium broth into glass containers in the refrigerator, reheating small amounts as needed. Add 1 TBL whey to each cup for a big boost to mineral assimilation.

Potassium broth freezes beautifully, so freeze what you will not use in about one week