

Bone Broth Latte

Serves: 1

Prep time: 1 minute

Cook time: 2 minutes

INGREDIENTS:

1.5 cups chicken bone broth

1 small clove garlic, minced

1/8 tsp ground ginger

1 tsp grass-fed ghee, butter or coconut oil

1/4 tsp turmeric powder

Pinch of salt

Dash of pepper



Serving size: 1.5 cups

INSTRUCTIONS:

1. Pour the bone broth into a microwave safe mug for 1:15 seconds.
2. To a blender, add the bone broth + all spices, garlic and ghee.
3. Blend on high for 15 seconds until frothy.
4. Pour back into your mug and enjoy!