



## Easy Alkaline Broth

Choose a combination of the following vegetables equaling approximately 1 ½ -2 cups:

Celery  
Green Beans  
Zucchini  
Spinach  
Parsley

- Place vegetables in a soup pot with enough filtered water to cover
- Bring to boil and then let simmer for 45 minutes.
- Strain and keep the broth. You may add ginger and/or cayenne pepper to season.
- This recipe will keep in the refrigerator for 3 days.
- Please do not freeze and defrost. Make fresh as needed.