

# Bone Broth

10 ingredients · 10 minutes · 12 servings



## Directions

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1. Place all ingredients in slow cooker for 24 hours. Strain and enjoy!

## Ingredients

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- 1 serving** Chicken Bones (use the bones from the chicken)
- 2 stalks** Celery
- 2** Carrot
- 1** Yellow Onion
- 1 tsp** Ground Sage
- 1 tsp** Dried Rosemary
- 1 tsp** Dried Thyme
- 1 tsp** Sea Salt
- 1/4 tsp** Black Pepper
- 1 tbsp** Apple Cider Vinegar (or lemon juice)

# Curried Chicken Salad

10 ingredients · 15 minutes · 4 servings



## Directions

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1. In a bowl, combine shredded chicken, pine nuts and apples.
2. In a bowl, mix together mayonnaise, greek yogurt, honey mustard, smashed avocado, and curry powder
3. Add curry mix to the shredded chicken mix and toss.
4. Serve over spinach or eat as a sandwich.

## Ingredients

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- 3 cups** Rotisserie Chicken- Shredded (Pre-cooked)
- 3 Ts** Pine Nuts (optional)
- 1 cup** Apple (diced)
- 1/4 cup** Mayonnaise (Primal Kitchen)
- 1/4 cup** Plain Greek Yogurt
- 1/2** Avocado
- 1 T** Honey Mustard (Primal Kitchen)
- 1 tsp** Curry Powder (or more)
- 2 cups** Baby Spinach
- 1** Whole Wheat Hamburger Buns (Optional)

# Chocolate Peanut Butter Dessert Bars

7 ingredients · 30 minutes · 16 servings



## Directions

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1. In a medium saucepan over low heat, combine the nut/seed butter, honey, vanilla and stir constantly until melted together
2. In a large mixing bowl combine the puffed cereal and nut/seed butter mixture, stir until well combined.
3. Cool in fridge.
4. Once cooled, fold the coconut, seeds, and chocolate chips into the cereal mixture.
5. Line a 9×13 with parchment paper. Transfer the mixture to the pan and using your hands, firmly press the mixture into the pan, spreading out evenly.
6. Freeze for 30 minutes.

## Ingredients

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- 1 **1/4 cups** All Natural Peanut Butter (sunflower seed butter or other nut butter of choice)
- 1/2 **cup** Raw Honey
- 1 **tsp** Vanilla Extract
- 3 **1/4 cups** Puffed Quinoa (or puffed rice cereal)
- 1/2 **cup** Sunflower Seeds (or pumpkin seeds)
- 3/4 **cup** Unsweetened Shredded Coconut
- 1/3 **cup** Dark Chocolate Chips