

# Mustard Seed Mondays

## Raw & Quick Vegan “Bone” Broth

*Chef Deloraine shares a gut healthy vegan bone broth packed with minerals, and electrolytes. It requires no cooking, making it quick, enzyme-rich, and highly absorbable.*

### Ingredients

- 4 cups filtered water (room temperature or slightly warmed, not boiling)
- 1 tbsp apple cider vinegar (helps extract minerals)
- 1 tbsp nutritional yeast (adds umami & B vitamins)
- 1 tbsp miso paste (probiotic, gut-healing)
- 1 tbsp flax or chia seeds (omega-3 & anti-inflammatory)
- 1/4 cup celery juice (natural sodium & electrolytes)
- 1/4 cup cucumber juice (hydration & silica for skin/joints)
- 1 tbsp dulse or kelp flakes (rich in iodine & trace minerals)
- 1/2 tsp turmeric powder (anti-inflammatory)
- 1/4 tsp black pepper (boosts turmeric absorption)
- 1-inch piece fresh ginger (supports digestion & immunity)
- 1-inch piece fresh garlic (antimicrobial & detoxifying)
- 1 tbsp lemon juice (alkalizing & vitamin C-rich)
- 1/2 tsp sea salt (or to taste)



### Instructions

1. Blend all ingredients on high for 30-60 seconds until smooth.
  2. Strain (optional) if you prefer a clearer broth.
  3. Sip at room temperature or warm slightly (but avoid boiling to preserve nutrients).
- Store in a sealed jar in the fridge for up to 3 days. Shake before drinking.
- Why This Works:

No cooking needed – keeps enzymes and probiotics alive

Quick absorption – delivers minerals, electrolytes, and gut-healing compounds fast

Gut-friendly – supports digestion, inflammation reduction, and immunity

Order online here or challenge yourself and try the recipe. Enjoy!

Marukome Organic Broth, Reduced Sodium Miso Paste, 13.2 OZ <https://a.co/d/9JF88mQ>

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