



Nourishing Bone Broth And Sweet Potato Toast

I have a fantastic functional food duo to introduce. Rich, nourishing [bone broth](#) and, what I believe to be the tastiest and most nutritious alternative to bread, sweet potato toast. Yep, you read it right, bone broth, not the run of the mill chicken soup, and sweet potato toast, instead of traditional high-glycemic yeasty bread.

In a nutshell, bone broth is an absolutely delicious way to boost your immune system and to heal your gut. Sweet potato toast is a delectable way to improve your micro nutrient levels, especially vitamin E, and provides just the right kind of carbohydrates to balance your blood sugar without any yeasts, glutes, or high glycemic sugars.

Sweet potato toast is an excellent high fiber food that works to regulate and bolster a healthy metabolism, provides quick satiety, and tastes darn good with a big bowl of homemade bone broth. Sweet potato toast, just like bread, can be used for sandwiches, melts, and burgers, and can be topped with just about anything; but, hold your hats, we'll get to the recipes and topping in just a bit.

When you brew up a pot of homemade bone broth, made with free-range animals of course, the cooking brings out the natural amino acids and compounds like collagen, glutamine, glycine and proline. All of which soothe and heal the gut, reduce inflammation, improve

the appearance of skin, and help to detoxify the body.

Of all the amino acids found in bone broth, glycine is thought to offer the body the most. It is said to aid and detoxify the liver and improve both cognition and focus.

Bone broth also contains chondroitin sulfate and glucosamine; two natural compounds commonly used to treat arthritis pain and that provide plenty of gelatin, which restores the strength of the gut lining. Essentially, bone broth boosts all sorts of great things, from head to toe.

I know what you're thinking, why not just buy some store bought broth, bouillon, or consommé and reap the benefits straight from a can or box, right? Although there are a few reputable free-range bone broths that you can buy, most store bought broth, consommé and "brothy" soups contain chemicals and neurotoxins like MSG.

If you want to really treat your body to all the therapeutic qualities of bone broth, you must DIY or order from a real [bone broth](#) brothery. I make my own, but I also have a stockpile of made to order bone broth, just in case.

To make my recipe, you'll need plenty of organic vegetables, plenty of organic free-range animal bones, like chicken and beef feet, long bones, and necks. The more bones, fat, and vegetables - the better. Of course I boil it all up in plenty of water and I do add apple cider vinegar to help extract all the goodness from the bones.

Here's how I do it:

Place the free-range organic chicken or beef bones into a large stockpot with two tablespoons of apple cider vinegar and cover with water.

Bring to a slow heat, then to a boil, and reduce to a simmer for at least six hours.

Remove any white foam as it rises.

Add in vegetables, such as garlic, carrots, onion, celery, and fennel, for added nutrients and flavor.

After cooking, enjoy immediately or set aside and let cool. A layer of nutrient rich fat will harden on top. Keep this layer to protect the broth and for cooking.

Depending on the size of the bones you use and the time you have, you can simmer your bone broth for up to

48 hours. The bigger the bone, the longer it will take to simmer out all the nutrients and to create a truly therapeutic, gut healing, joint soothing broth.

If you chose to use large bones and to simmer for a day or two, make sure to keep the stovetop safe and free from any kitchen towels or flammable products. Try to keep the flame on throughout the entire day and only turn the burner off right before bed and turn it right back on as soon as you wake. Never leave the pot unattended and make sure all household members know the pot is very hot.

Also, if you simply want to make a quick 6-hour broth, you can use whole organic free-range chickens and enjoy the meat too. I recommend that you remove the meat from the bones once it starts to fall off, put it aside, and continue the 6-hour broth bath. And, don't fret about sourcing good organic free-range bones. Go to your butcher, your local organic farmer, your local farmer's market meat vendors, and definitely talk to your friends and family that hunt.

Now it's time to talk about and tackle sweet potato toast, a delicious and nutritious functional food that I hope you enjoy for years to come.

Yes, if you're thinking sweet potatoes are a fantastic source of vitamin A, you're on the money, but they're also chock full of body beautifying antioxidants. I'm bonkers for all the different types and colors of sweet potatoes and I suggest you try them all, especially the purple-skinned sweet potatoes. Colored sweet potatoes have special color-related phytonutrients that help to detoxify the body and cleanse the digestive tract of heavy metals we accidentally get from bad foods.

Like the amino acids in bone broth, sweet potatoes also have anti-inflammatory compounds that target the brain and nervous system and that soothe and reduce inflammation throughout the entire body. Personally, I'm rather consumed with their ability to not only aid, but to actually improve blood sugar regulation. You see, when a food can reduce inflammation and balance blood sugar, the body thrives and all systems function at higher, healthier levels. Furthermore, because sweet potatoes offer the body a perfect mix of low glycemic and fiber dense carbohydrates, your body will be set up for metabolic success, better insulin sensitivity, and easier weight management.

Here's how you can turn a sweet potato into health boosting, delicious tasting, "please give me more" toast:

Scrumptious Sweet Potato Toast

Instructions

Pre-heat your oven to 450 degrees.

Clean and slice a sweet potato into ¼ slices. Leave the skin on!

Use caution while slicing. If you have a meat slicer or vegetable slicer with a hand guard, use it. If not, make sure to take a slice off one side of your potato and rest it, flat side-down, on the cutting board while you cut the rest. Once your oven is hot and ready, either place the slices directly on the grating or on a cookie sheet and bake for 20 minutes, flipping the slices every 5 minutes.

Yes, you can use a traditional toaster, on the highest setting, but it will take about 6 rounds of toasting. It works just as good as the oven, it really depends on preference and time.

When the outer edges are brown and crisp and the middle is cooked yet firm, the toast is ready.

Remove the slices from the oven or toaster and set aside to cool a bit.

Then, have a blast topping your toast any way you wish.

Here are my favorite toppings:

Almond butter and marmalade

Farm fresh butter, cream cheese, and chives

Fresh poached egg, avocado, hot sauce, and nutritional yeast

Tahini and goji berries

Organic maple syrup and a sprinkle of sea salt

Ghee, tomato, and freshly ground peppercorns

Crunchy nut butters and cacao nibs

Mustard, smoked salmon, and fresh dill

Coconut manna and raisins

Duck mousse pate'

As you can tell, the possibilities are endless. My kids love to experiment with different toppings and often surprise Ben and I with new and tasty combinations. I encourage you to allow your children to explore and experiment with new healthy foods this year. Make sure to introduce them to all of the functional foods and drinks we learned this month and please take the time to enjoy them together.