

Making an Alkaline Broth

During normal food preparation, save your vegetable ends - the broccoli stumps, onion skins, stalks off parsley, ends of chard or asparagus etc - in a container in the freezer.

When that container is full (usually around 4-5 cups). Put the contents in a large pot, top it up with pure water, add a teaspoon of sea salt (or to taste) and simmer for 45 minutes.

This broth makes an excellent soup base and can be used right away or frozen for future use.

The best part is it will contribute to your overall health by helping to alkalinize your body.