

Lemon & Juniper Essential Oils



Magic Mineral Broth 2.0

“A dazzling and hydrating elixir of life”

The Longevity Kitchen, Rebecca Katz with Mat Edelson

Cook's Notes: This broth gets better with age. The longer you simmer it, the more flavor and nutrient density it will have. If you don't want to have to tend to it for hours on end, you can also cut the recipe in half and make it in a slow cooker. Once the broth is cooked, you may want to add about ½ teaspoon of lemon juice and sea salt to bring the flavors to life. If using **lemon** and **juniper berry** essential oils, add when broth is finished cooking.

- 1 fennel bulb, with tops
- 2 unpeeled yellow onions, quartered
- 6 unpeeled carrots, cut in thirds
- 1 leek, white and green parts, cut into thirds
- 1 bunch celery, including the heart, cut into thirds
- 2 unpeeled sweet potatoes, cut into chunks
- 1 unpeeled garnet yam, cut into chunks
- 1 large bunch fresh flat leaf parsley
- 6 sprigs fresh thyme
- 12 large cloves unpeeled garlic, smashed
- 1 [3-inch] piece of unpeeled fresh ginger, cut in half lengthwise
- 1[8-inch] strip of kombu
- 12 black peppercorns
- 4 juniper berries or 2-4 drops juniper berry e.o.
- 2 bay leaves
- 8 quarts cold filtered water, plus more if needed
- 1 teaspoon sea salt

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Rinse all the vegetables well, including the kombu. Put the fennel, onions, carrots, leek, celery, sweet potatoes, yam, parsley, thyme, garlic, ginger, hombu, peppercorns, juniper berries, and bay leaves a 12-quart or larger stockpot. Add the water, cover, and bring to a boil over high heat. Decrease the heat to low and simmer uncovered for 2 to 4 hours. As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out. Simmer until the full richness of the vegetables can be tasted.

Strain the broth through a large, coarse-mesh sieve placed over a large heatproof container. Stir in the salt. Let cool to room temperature before refrigerating or freezing.

Variation: For extra immune-boosting action, add 8 whole shitake mushrooms, 1 (6-inch piece) of burdock root (washed and cut into quarters) and/or a large maitake mushroom.

Prep Time: 10 minutes. **Cook Time:** 2 to 4 hours

Storage: Store in an airtight container in the refrigerator for up to 6 days or in the freezer for up to 4 months.

Per Serving: Calories: 10; Total Fat: 0.25g (0 g saturated, 0 g monounsaturated); Carbohydrates: 3 g; Protein: 0.25g; Fiber: 0.75g; Sodium; 70mg