

Herbal Legacy Recipes

Vegan Potassium Broth (Cold and Flu fighter)

From SparkRecipes.com

This is the best thing for your body, if you are fighting a cold or the flu. It's loaded with natural vitamins and minerals which are proven to help flush out bacteria, toxins and viruses. Make sure all the ingredients are organic and the water is distilled. There's no sense making a broth filled with insecticides, hormones, chlorine and toxins if you're trying to help your body flush such things out.

INGREDIENTS:

- 3 Organic beets
- 4 medium organic carrots
- 4 cloves organic Garlic
- 2 large organic Onions
- 5 stalks organic Celery
- 3 medium organic Potatoes
- 1 bunch organic fresh Spinach
- 1 organic Jalapeno Pepper
- Dash of ground Cumin
- Dash of Celery Salt
- Dash of ground black pepper



DIRECTIONS:

1. Wash all ingredients thoroughly.
2. Peel potatoes and carrots, **ONLY USE THE PEELS**. Store the rest of the peeled vegetables for future use in another recipe, (you can bake them in the oven with some olive oil while the broth is cooking and store to eat when you get better.)
3. Chop Onions and beets into four quarters each, do not peel beets.
4. Peel garlic and use whole.
5. Cut bottom ends off spinach and use whole.
6. Chop Celery and jalapeno pepper.
7. Put all ingredients in a large pot and cover them with distilled water
8. Heat on lowest setting for 3-4 hours.
9. Strain vegetables and discard them.
10. Strain until only broth is left.
11. Add cumin, celery salt and black pepper to the broth for taste.

SUGGESTED DOSAGE:

Drink 2 cups at a time throughout the day. Repeat everyday till broth is gone or until your cold or flu is gone. I suggest that you drink lots and lots of distilled water and drink lots and lots of FRESH, not juice from concentrate and avoiding all solid foods. Juice and this potassium broth will provide all the nutrients you need. Solid food takes a lot of energy out of your body because it needs to be digested, assimilated and excreted. This energy is better used by your body to fight off the bacteria and viruses and cleanse itself.

Number of Servings: 12

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