

Herbal Legacy Recipes

Vegetable Broth Powder

Recipe created by Kal Sellers from the book Traci's Transformational Health Principles by Traci J. Sellers.

INGREDIENTS:

- 2 c nutritional yeast flakes
- 1/2 c sea salt
- 2 T onion powder
- 1 T turmeric
- 2 t dried dill weed
- 2 t marjoram (optional)
- 2 t dried powdered lemon peel (optional)
- 1 t celery seed
- 1 t basil
- 1 t powdered thyme
- 1 T dried parsley



DIRECTIONS:

1. Place all ingredients except parsley in blender in order listed and blend until powdered together.
2. Add parsley and pulse to chop. Store in an airtight container in the cupboard indefinitely.
3. To make broth, add 1 heaping T per quart of warm water. Simply stir powder into water, or shake together in a quart jar.

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