

Biome Broth

This broth tames inflammation, nourishes your gut, and packs some stellar antioxidants. We recommend making a batch every Sunday using a slow cooker for easy prep. As the weeks progress, feel free to add in more aromatics, like onion and garlic, for a more robust broth. Start with 1 chopped onion and 2 garlic cloves and adjust from there.

For a quick snack, warm up a cup (or two!) of this broth and stir in a tablespoon of miso paste until dissolved. Sip as is, or throw in cubed tofu, chopped scallions, and/or roasted mushrooms and steamed kale.

Makes about 8 cups

1 large piece dried kombu

1 cup chopped carrots

1 cup chopped celery

½ cup dried shiitake mushrooms or 1 teaspoon mushroom powder

1-inch piece fresh ginger, sliced

2 tablespoons nutritional yeast

2 tablespoons olive oil

3 tablespoons tamari

¼ teaspoon ground turmeric

Miso Biome Sipper

2 cups Biome Broth

2 teaspoons freshly grated ginger

2 teaspoons miso paste

250 FIBER FUELED

Place the kombu, carrots, celery, mushrooms, ginger, nutritional yeast, olive oil, tamari, turmeric, and 8 cups water in a slow cooker and simmer on low for at least 6 hours. Alternatively, place in a large stockpot and simmer on low for at least 2 hours, stirring occasionally.

Let cool, then strain through a fine-mesh strainer. Divide into glass containers, placing some in the freezer for use later in the week and some in the fridge for immediate use. Make sure, if freezing in a glass container, to leave plenty of room for the liquid to expand. If not, the glass could break!

To make the miso biome sipper, warm the broth over medium heat, then remove from the heat and stir in the ginger and miso paste until dissolved, about 30 seconds. Divide into two mugs and sip.

Supercharge It!

Add ½ teaspoon mushroom powder to the biome sipper as you warm the broth. Top with sliced scallion greens.

6 PLANT POINTS