



## BONE MEAL RECIPE



• 0:20 Prep • 1:30 Cook • Easy • Carnivore • Dairy-free

Animal bones are rich in calcium as well as phosphorous and magnesium. For example, dry cattle rib bones are estimated as having 204 mg of calcium per gram.

If you make bone broth regularly, you can save the bones and use them as a calcium source. A couple of pieces each day will fulfill your calcium need.

If you don't want to chew the bones or would like to take them with you when traveling, you can make your own bone meal supplement easily by following the steps below.

### Ingredients:

6 lbs. of bones (use bones from grass-fed or pasture-raised animals if you have any concerns about mad cow disease or harmful chemicals that may be present in the bones)

### Equipment:

A coffee grinder or a food processor

### Directions:

**Step 1 - Keep the bones after making your bone broth** (see the recipe [here](#)). It'd take 24 to 48 hours of cooking to make the bones soft and edible depending on the types and sizes of bones, the age of the animals, and temperature setting. A pressure cooker or an instant pot, however, can do the job in about 2 hours on the highest setting.

Pick out the bones that are soft enough that you can break up easily with your hands. Remove any meat or fat on the bones. Break up the large bones.

**Step 2 - Dehydrate the bones.** Spread the bones out on a baking tray and bake them at 200F for 90 minutes. Alternatively, you can use a dehydrator which will take about 12 hours.

**Step 3 - Grind the bones.** Put the bones in a coffee grinder or a food processor and grind them into a very fine powder. You can also use a mortar and pestle to grind up the bones if you don't want to overwork the grinder blade. Store in a glass jar for gradual use.

### Usage:

Have a teaspoon a day with water or add it to your protein shake if you use a protein supplement.

