



Simple Roasted Bone Marrow

Active Time: 5 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

660.2 calories, 0 g carbohydrate, 0 g fiber, 0 g NET carbs, 5.63 g protein, 70.9 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 12 ounce(s) grass-fed marrow bones

Preparation

1. Preheat the oven to 425 F.
2. Place the marrow bones on a baking sheet. Sprinkle with sea salt.
3. Roast bones for 10-15 minutes, just until golden and marrow becomes soft.
4. Serve with toasted grain-free bread.

This free recipe cannot be redistributed without prior permission from MealGenius.com. If you have obtained this recipe from any source other than MealGenius.com please contact us.