



Superfat Frothy Broth

Active Time: 5 minutes | **Total Time:** 5 minutes | **Serves:** 1

Nutrition Information Per Serving

144.7 calories, 2 g carbohydrate, 0 g fiber, 2 g NET carbs, 6 g protein, 12.97 g fat

Ingredients

- 1 cup Kettle & Fire Beef Bone Broth
- 1 Tbsp pastured duck fat

Preparation

1. Heat broth to simmering.
2. Pour into high-powered blender with duck fat.
3. Blend on high speed for 20 seconds.
4. Serve.

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.