



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.

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