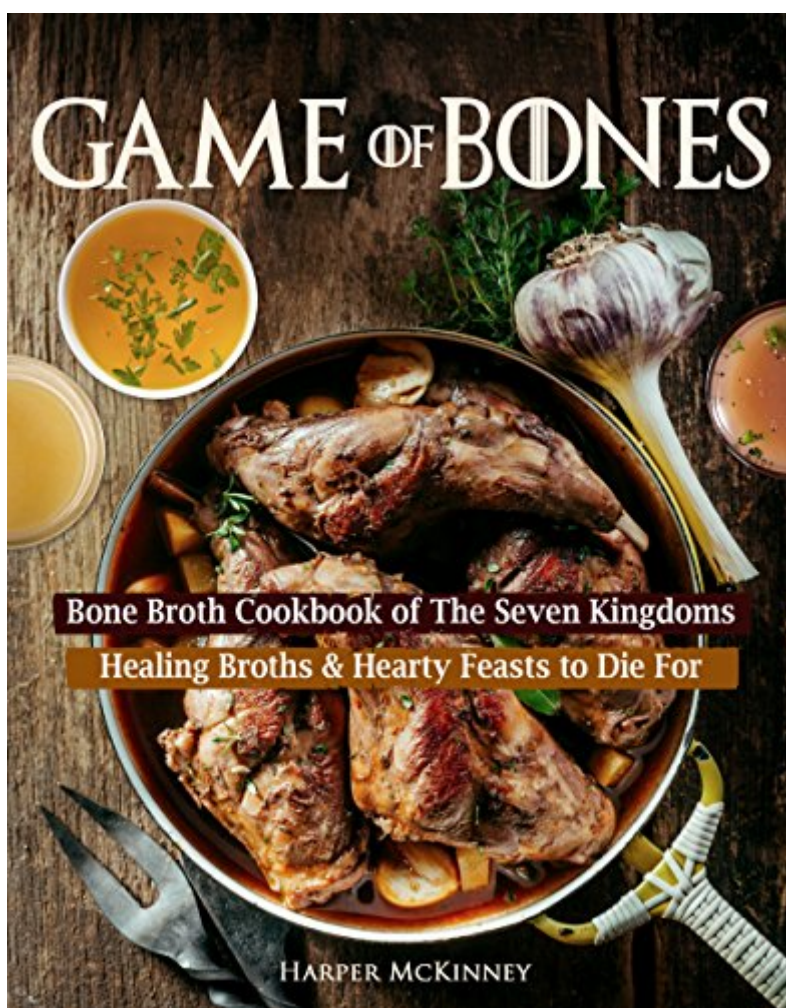


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Game Of Bones: Bone Broth Cookbook Of The Seven Kingdoms: Healing Broths And Hearty Feasts To Die For



Synopsis

Game of Bones: Bone Broth Cookbook of the Seven Kingdoms “On Sale + FREE Bonus, Limited Time!” The Seven Kingdoms were not built on a diet of kale and coconut milk. The Mountain didn’t make his name by nibbling on nuts and seeds. The Iron Throne will NEVER be taken by a VEGAN. The men and women of Westeros and Essos were made tough from the moment they were plucked from the teat. These people wasted none of the animals they hunted and cooked, right down to their very bones. Healing Broths and Hearty Feasts to Die For This ancient cookbook is packed with magical recipes. Here’s a sneak peak of what’s inside: Essential bone broths and stocks to cook with Easy bone broth sipping beverages Main meal recipes with meat, fish, poultry and veg options Sweets and treats with a bone broth twist Every recipe told as a short Game of Thrones story Discover The Magic Within Bone broth is an age-old formula for health and vitality, discovered by the First Men and now entrusted into your hands. Here’s how it can help you: Improve joint health (to better wield the sword) Reduce inflammation (and get back to the battle) Boost immune system to stave off the plagues (or a cold) Reduce cellulite and boost skin health (because we don’t all have a magic necklace) Gut healing and banishing leaky gut syndrome (just because) Overcome food intolerances and allergies (feast like a king...or queen) A Story With Every Meal You will suffer none of the awkward silences of a Stark family meal when you rustle something up from this cookbook. Every recipe is set against the backdrop of a famous Game of Thrones moment with a dash of good humor. FREE BONUS GIFT You will receive a free ‘Top 10 Bone Broth Mistakes’ bonus guide along with this book to ensure you are getting the most out of your cooking. Eat Like a King...Or Queen These recipes are as delicious as they are nutritious. Each and every one is absolutely brimming with the highest grade of vitamins and minerals to nourish your body, and all are satisfying enough to slaughter your cravings. Download now and read on your kindle, tablet, smartphone or computer. Tags: bone broth cookbook, bone broth recipes, bone broth diet recipes, bone broths, game of thrones, unofficial.

Book Information

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Customer Reviews

This kindlebook of Game of Bones: Bone Broth Cookbook of the Seven Kingdoms: Healing Broths and Hearty Feasts to Die For by Harper McKinney contains among the following recipes; Lannister Hot Pot (contains ingredients such as beef roast, frozen cranberries ginger powder honey garlic cloves etc.), Pious pork chops (pear, pork chops, shallots, apple cider vinegar, coconut oil, cilantro leaves etc.), Ramsay's Beef Chili (bacon, bell peppers, cinnamon, maple syrup, dried oregano etc.), Dragon's Tilapia Treat (1 pound tilapia filets fresh mint zest and juice of 1 lime small bunch of cilantro leaves etc.).

All I can say is these recipes are as delicious in many ways to include the best ingredients are easy to find in our local stores near in my home as they are nutritious also in many ways it is very necessary to include it in every cookbook. I believe also that each and every one is absolutely brimming with the highest grade of vitamins and minerals to nourish your body, and all are satisfying enough to slaughter our cravings to lessen the fats in our body, so all in all it was a good book to start with our diet.

Pros: hilarious. The recipes I've tried have been good. Cons: some recipes have canned soups and store bought seasoning mixes... Strange to advocate grass-fed beef and then coat it in taco seasoning and cream of mushroom soup. But, nothing most of us can't remake with homemade replacements. Overall, definitely worth buying..just don't read it while drinking anything; it's that funny.

Delicious broths and meals, nutritious recipes packed with the good stuff, and hilarious commentary throughout. For anyone wondering WHAT this book is, it's a BONE BROTH COOKBOOK, with each recipe being written like a small story based on GAME OF THRONES. Do yourself a favor and pick it up!

This book has some interesting and healthy broths but very time consuming and several ingredients are needed. When I have some time I do plan on making some of these broths however. Very informative. Great recipes.

I was looking for a book for some good recipes on bone broth and I found this book and have been pleasantly surprised at how many delicious recipes are inside and very easy to make!!!

Bone broth is part of my regular rituals and I can't get enough recipes. Aside from being thoroughly entertaining, the recipes are absolutely delicious. Loving it

I have not heard of bone broth diet before but now I feel like some kind of connoisseur. And some other recipes. I particularly like.

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