



Bone Marrow with Microgreens

HEALTHY RECIPE

Ingredients

- (4) canoe cut beef marrow bones (cleaned)
- Salt and pepper to taste
- (1) heaping handful of Hot & Healthy Mix

Serve with bread, toast, pita, crackers, or rolls.

Less traditional than most recipes, but bone marrow supports so many functions of the body. You can read more about it in [this article](#).



Directions

Preheat oven to 450°

Step 1:

Place the bones with the flat side facing up on a baking sheet or roasting pan lined with parchment paper. Season generously with salt and pepper, to taste.

Step 2:

Roast for 15 - 25 minutes (cooking time depends on the size of the bone and how much marrow the bones contain). Once the marrow begins to bubble on the surface, they are done. Remove from the oven.

Sprinkle Hot & Healthy Mix over the top of the marrow. Serve with bread/toast, pita, crackers, etc. Simply scoop out the marrow and spread it like butter!