



Onion broth (600-700 ml)

What you need:

- *Glass bottle (500-750 ml)
- *Onion skin (either brown or purple)
- *Medium size pot
- *Filtered water 500-700ml
(according to the size of bottle)
(optional)
- 1-2 herbal tea bags to weaken its bitterness
(e.g. rooibos, rosehip, nettle, liquorice etc.)



Direction

- 1) Wash onion skin very thoroughly.
- 2) Heat the onion skin (and tea) with half amount of water and boil it for a few minutes. This way is quicker than using full amount of water.
- 3) Pour the rest of water to cool down. Keep it in the fridge. (without onion skin)

Note: You also can use this broth for making soup or cook rice or add some in the meal.

Benefit of Quercetin:

Onion skin is rich in Quercetin. Quercetin is a type of flavonoid antioxidant that is found in plant foods.

- 1)Lowers inflammation^{*1}
- 2)Natural antihistamine^{*1}
- 3)Support heart health^{*1}
- 4)Helps protect skin^{*1}
- 5)Prevent infection^{*2}

Ref: ^{*1}© 2016 [DrAxe.com](http://draxe.com) <http://draxe.com/quercetin/>

^{*2} Ta CA, Arnason JT. (2015)*Molecules (Basel, Switzzland)* 2015;21

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