

### 益气健脾胶原汤：

Appetizing Collagen Soup

1. 黄芪	20 g
2. 洋参须	6 g
3. 白术	12 g
4. 淮山	12 g
5. 玉竹	8 g
6. 枸杞子	12 g
7. 桂圆肉	6 g
8. 红枣	10枚
9. 猪脚筋	15条

炖12小时温服

#### How to prepare:

- Put 15 pieces of pig tendons (item 9) and the other ingredients (items 1 - 8) in a slow cooker.
- Add about 1 liter of water, then switch on the power, select automatic. Boil for about 12 hours, or overnight.
- The amount of water used should be such that the soup obtained is about 600 ml, which can be consumed 2 times a day, 300 ml each.
- If you intend to drink 3 times a day, then add 5 more pieces of tendons and more water. Items 1-8 can be doubled if desired.
- Undissolved tendons can be picked up and used later. Keep them in the freezer.
- After consuming the collagen soup, take 2 tablets of chewable vitamin C.