

Easy Crockpot Chicken for Detoxing

As the New Year progresses, more and more people are jumping on the opportunity to detoxify their bodies. Here's a simple recipe that helps support the liver's detoxification pathways.

1 head cauliflower, clean and in 1" pieces

1/2 tsp. organic seasoned salt.

1-2 onions coarsely chopped (organic if possible)

1 whole grass-fed chicken

1-2 T coconut oil

1 t sea salt

Herbs – fresh or dehydrated (sage, rosemary, tarragon, chives)

Place cauliflower and onions in bottom of crockpot

Sprinkle with seasoned salt

Place chicken on top of veggies

On dry chicken skin, rub coconut oil

Sprinkle on sea salt

Place herbs on top, cover, cook on low all day. Hint...add whatever veggies you have on hand. Chicken should be 160+ degrees.