



Who are the Broth Sisters?

The Broth Sisters (namely Jane and Linda) are the makers of the made-with-love bone broth enjoyed by health and flavour nuts in Melbourne, Sydney and beyond. The venture started because the sisters wanted to share their family's delicious recipes with the wider world. And to celebrate the pleasures of sumptuous, nutritious eating. After all, they spent their childhood on a farm in northern NSW! Today, the Broth Sisters range has grown from its signature artisanal broth to include fantastic stock paste and sipping broths – in tea bags.



What to expect from our products:

We're wholesome.

Each and every one of our products is packed with the most nutrient dense ingredients. And they taste delicious, too! That's because we spend a lot of time recipe testing and sourcing the finest quality, natural and health boosting ingredients. We package our products in unbleached tea bags, glass jars and fully recyclable cardboard. Our ingredients are vegan, gluten free, and non GMO.



We dream up cutting edge products.

We've created Australia's first plant-based, savoury sipping broth in a brewable (tea) bag! So why broth in a bag? The answer's simple. This tea-licious range was dreamt up by Linda, a former flight attendant, as a way to enjoy the flavours of the world in a quick and easy way, anytime, any place. By the way, we're also the first in the world to use agar agar (or vegan gelatin) in our vegan broth tea bag. Not only is this seaweed good for our digestion, it's packed with nutritional goodness.



We make things easy for a modern lifestyle.

Both our broth bags and plant-based vegetable stock concentrates offer an instant hit of flavourful goodness in the time it takes to boil your kettle. Specially concocted for folks at home, work or on the go.





Brewable Broth Bags

AUSTRALIA'S FIRST PLANT BASED "BREWABLE" BROTH BAGS

Tea-licious nutritious soupa convenient



Product Name: MEXICAN TORTILLA vegetable sipping broth

Size: 12g (2 broth bags)

Ingredients: salt, dehydrated vegetables, tomato, onion, chipotle pepper, cumin, turmeric, lime, garlic, green tea, spices, herbs, yeast extract, bamboo fibre, agar powder.

Description: A satisfying and hearty broth, with a kick of Latino spice and a sprinkling of mood elevating turmeric. Combined with the goodness of agar agar, you have two of nature's powerful superfoods for the brain in one cup of delicious broth.



Product Name: THAI LEMONGRASS vegetable Sipping Broth

Size: 12g (2 broth bags)

Ingredients: salt, dehydrated vegetables, spices, herbs (lemongrass 5%), lime, chilli, ginger, coriander green tea, tomato, vegetable protein extract, bamboo fibre, agar powder.

Description: Thai Lemongrass is a citrusy blend of lemongrass, liver cleansing lime, spices and green tea. The fibre found in agar agar is a digestive superpower. It is known to help absorb toxins from the gut and gastrointestinal tract, carrying waste out of the body.



Product Name: TUSCAN TOMATO AND BASIL vegetable sipping broth

Size: 12g (2 broth bags)

Ingredients: salt, dehydrated vegetables, tomato 19%, green tea, spices, herbs (basil 4%), yeast extract, bamboo fibre, agar powder.

Description: Tastes like the carefully crafted broth your grandma used to make. Tomato is naturally high in vitamin C, which has been shown to increase iron absorption. Agar agar promotes the production of healthy red blood cells and reduces the risk of anemia. Paired with other iron-rich foods, this blend may promote vitality and increased energy.



Product Name: VIETNAMESE PHO vegetable Sipping Broth

Size: 12g (2 broth bags)

Ingredients: salt, dehydrated vegetables, lime, spices, star anise, cinnamon, garlic, green tea, herbs, mint, tomato, vegetable protein extract, bamboo fibre, agar powder.

Description: Light yet so full of flavour, with the signature fragrance from cinnamon and star anise. Cinnamon may reduce bone breakdown and can help prevent osteoporotic bone loss. Teamed with agar agar, which is known to provide strength to the tissues in your bones, you have nature's helpers by your side to support healthy bones.





Vegetable Stock Concentrates



Product Name: VEGETABLE STOCK CONCENTRATE

Size: 170g (makes 7 litres)

Ingredients: celery, carrot, tomato, zucchini, Pink Lake salt, extra virgin olive oil, bay leaf, sage, rosemary, parsley, chives.

Description: Contains nine different fresh herbs and vegetables, giving a healthy boost of nutrients and life force to your favourite foods. Suitable for those on a LOW FODMAP diet as it contains no onion or garlic. This may assist with the reduction of digestive disorders including symptoms like gas, bloating and tummy cramps. Add it to anything savoury for a hit of flavourful goodness. (#notthestandardstock).



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Product Name: ASIAN VEGGIE STOCK CONCENTRATE

Size: 170g (makes 7 litres)

Ingredients: celery, lemongrass, onion, carrots, Pink Lake salt, ginger, fresh turmeric, galangal, garlic, birds eye chilli, organic coconut oil, kaffir lime leaves.

Description: This versatile product is inspired by the uplifting aromatic flavours of Asian herbs and spices. Adds a savoury zing and fiery kick to any Asian inspired savoury meal. Includes the health boosting benefits of turmeric. (#notthestandardstock).



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Product Name: SUPERFOOD MUSHROOM STOCK CONCENTRATE

Size: 170g (makes 7 litres)

Ingredients: mushrooms (69%) (portobello, shiitake, lion's mane), Mount Zero Pink Lake salt, onion, balsamic vinegar, white balsamic vinegar, garlic, thyme, extra virgin olive oil.

Description: This versatile stock concentrate is created with the rich flavours of portobello mushroom and The Broth Sisters signature blend of superfood mushrooms shiitake and lion's mane which has been balanced perfectly with immune boosting garlic, balsamic and aromatic thyme. Lion's mane mushrooms contain bioactive substances that may have beneficial effects on the body, especially the brain, heart and gut.



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Functional Pastes

NEW



Product Name: TURMERIC AND GINGER PASTE (with MCT oil)

Size: 170g (34 serves)

Ingredients: fresh ginger 25%, turmeric 25%, MCT oil (fractionated coconut oil), black pepper, added water.

Description: An easy and mess-free alternative to preparing beverages and meals with turmeric root. Reap the benefits of MCT oil whilst experiencing The Broth Sisters signature taste.



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NEW



Product Name: FERMENTED CHILLI

Size: 170g (34 serves)

Ingredients: red chilli (49%), extra virgin olive oil, Mt Zero Pink Lake salt, garlic

Description: A hot chilli paste for spicy food lovers who want 100% clean ingredients and versatility. Enjoy The Broth Sisters signature taste added to sauces, broths, chilli recipes or hearty winter stews. Add to homemade pizza or spread directly onto a sandwich for something a little spicy!



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Bone Broths



Product Name: FODMAP friendly CHICKEN BONE BROTH - immune support

Size: 500ml (4 serves per jar)

Ingredients: Filtered water, free-range chicken bones (50%), organic carrot, organic celery, home-grown parsley, lemon thyme & bay leaves, organic apple cider vinegar, peppercorns, Victorian Pink Lake salt.

Description: Traditionally prepared, gluten free, keto friendly, hormone, chemical and antibiotic free, no onion or garlic, small batch, simmered 24 hrs, handcrafted in Melbourne with local ingredients - tastes great. Can be enjoyed straight up as a hot beverage or included as an ingredient in nourishing meals.



Product Name: FODMAP friendly CHICKEN BONE BROTH - immune support

Size: 1 litre (8 serves per jar)

Ingredients: Filtered water, free-range chicken bones (50%), organic carrot, organic celery, home-grown parsley, lemon thyme & bay leaves, organic apple cider vinegar, peppercorns, Victorian Pink Lake salt.

Description: Traditionally prepared, gluten free, keto friendly, hormone, chemical and antibiotic free, no onion or garlic, small batch, simmered 24 hrs, handcrafted in Melbourne with local ingredients - tastes great. Can be enjoyed straight up as a hot beverage or included as an ingredient in nourishing meals.



Product Name: FODMAP friendly BEEF BONE BROTH - gut superfood

Size: 500 ml (4 serves per jar)

Ingredients: Filtered water, grass-fed beef bones (50%), organic carrot, organic celery, home-grown parsley, rosemary & bay leaves, organic apple cider vinegar, peppercorns, Victorian Pink Lake salt.

Description: Traditionally prepared, gluten free, keto friendly, highest animal welfare, processed on farm, no hormones, antibiotics or intensive feed lots, no onion or garlic, small batch, simmered 48 hrs, handcrafted in Melbourne with local ingredients - flavour packed. Can be enjoyed straight up as a hot beverage or included as an ingredient in nourishing meals.



Product Name: FODMAP friendly BEEF BONE BROTH - gut superfood

Size: 1 litre (8 serves per jar)

Ingredients: Filtered water, grass-fed beef bones (50%), organic carrot, organic celery, home-grown parsley, rosemary & bay leaves, organic apple cider vinegar, peppercorns, Victorian Pink Lake salt.

Description: Traditionally prepared, gluten free, keto friendly, highest animal welfare, processed on farm, no hormones, antibiotics or intensive feed lots, no onion or garlic, small batch, simmered 48 hrs, handcrafted in Melbourne with local ingredients - flavour packed. Can be enjoyed straight up as a hot beverage or included as an ingredient in nourishing meals.



*please note that our Bone Broths are not part of our vegan certified range