



Homemade ORGANIC BONE BROTH

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Ingredients

- 3-5kg of organic grass fed beef bones
- 5 x organic carrots chopped
- 3 x organic sticks celery with leaves
- 2 x organic brown onion
- 1 x dessert spoon black peppercorns
- 1 x heaped tsp of celtic sea salt
- 4 x bay leaves

Cooking Instructions

- place all ingredients into slow cooker
- cover bones with filtered water
- cook on low for at least 18hrs
- strain into glass jars, ice cubes and freeze or use fresh

Love & Stellar Healing
Cindy