



# **5 Ingredient Bone Broth: 30 Easy Low Carb Recipes to Cook in Your Slow Cooker for Weight Loss and Body Cleanse (Soups and Stews)**

*Melissa Hendricks*

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The easiest way to get started on your journey to better health.

Are you interested in finding out just what bone broth can do?

Right now you have probably heard something about bone broth, whether good, bad, or indifferent. After all, bone broth and its numerous benefits is the newest trend to hit the food scene. If you are like me, you are probably a bit skeptical about how something so simple can help you so much.

If you want to learn about the many different ways that bone broth can help you on your journey to a healthier life, all you need to do is look inside this book. Inside this book you are going to learn all about bone broth, what it is, how you can use it, benefits of drinking it daily, and most importantly how easy it is to make. Inside you will find 30 recipes that only require 5 ingredients to make.

## Inside You Will Learn:

- What bone broth is
- Benefits to adding bone broth to your diet
- How to get started with bone broth
- What mistakes to avoid
- How to make your own bone broth at home
- Different ways to use your bone broth
- And Much More

Once you learn how easy bone broth is to make there will be no stopping you. Adding bone broth to your daily diet will provide you with numerous health benefits; it can even help you lose weight.

Don't waste anymore time. Download this book now to find out just how great bone broth is for you and your journey towards a healthier life.

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