

{ **Healing Tincture** }

INGREDIENTS

1/4 oz CBD
dominant
cannabis
2 C vegetable
glycerin

DIRECTIONS

SLOW COOKER (recommended)

- Rinse or blanch your cannabis to clean
- Pour vegetable glycerin in slow cooker
- Break in cannabis with your fingers
- Cook on low for 20-24 hours -or- break up over 2 days.
- Strain with fine metal sieve or cheesecloth
-or-

STOVETOP

- Rinse or blanch your cannabis to clean
- Pour vegetable glycerin in saucepan
- Break in cannabis with your fingers
- Cook on low-med (don't boil)
- Stir every 90 minutes
- Keep in pot overnight & run again in AM for 8 hours- repeat for 2 days
- Strain after with fine metal sieve or cheesecloth

*Another suggestion: learn how to medicate in a jar!

COOK TIME

20-24 hours

SERVES

Up to you :)

RECIPE BY



Mary W

RECIPE BY



Nebber