

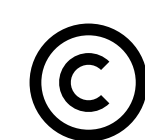
Vitamin C Gummies

INGREDIENTS:

- 2 tablespoons of Organic or Grass fed gelatin.
- 1 cup Freshly squeezed or Cold pressed juice.
- 1 tablespoon of honey.

INSTRUCTIONS:

- Place gelatin into juice and mix together in a saucepan to “bloom” the gelatin.
- Add 1 tablespoon of honey.
- Place saucepan on stove and heat slowly until gelatin is completely dissolved. Keep heat low and do not boil. Stir regularly.
- Pour into fun molds or a container and place in refrigerator to set.



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Notes:

- You can blitz berries or any fruit to use as liquid.
- The only juice that can't be used is pineapple - as the enzymes eat the gelatin.
- You can also add more honey if the gummy mix isn't sweet enough.
- Stir in vitamin C powder once off the stove to protect the vitamins. You can also roll the gummies in the powder to only make them sour on the outside.