

Lemon Turmeric Gummies

PREP TIME: 15 MINS

CHILL TIME: 2-3 HOURS

YIELDS: 74-75 GUMMIES

Ingredients

1/4 cup filtered water

1 tablespoon lemon juice

1 tablespoon honey

1-2 inches turmeric, fresh, sliced

2 packets unflavored gelatin powder

(7.2g packets)

Nutrition Content for 15 Gummies

Calories: 24kcal

Fat: 0g

Fiber: 0g

Sodium: 0.5mg

Carbohydrates: 3.9g

Protein: 1.8g

Added sugar: 3.5g

Recipe Benefits

- Anti-Inflammatory
- Promotes Gut Health
- Anti-Nausea
- Hydrating
- Low Sodium

Qualities

- Texture: Chewy
- Scent Level: 1/10
- Spice Level: 0/10



Directions

1. Combine filtered water and turmeric slices in a small bowl.
2. Microwave for 1 minute (or heat in a pot over medium heat until small bubbles appear).
3. Strain out turmeric slices with a fine mesh strainer, then add in the honey and lemon juice.
4. Microwave/heat for another 30 seconds to make hot, then whisk in both gelatin packets together.
5. Whisk together again before pouring, then pour mixture into silicone mold and place in refrigerator for at least 2 hours.

Chef Tips/Adjustments

- Both packets of gelatin powder should be added at the same time because the gelatin sets/hardens quickly and the longer you whisk the liquid, the quicker it cools.
- Water can be replaced with any other liquid such as fruit juice, tea, or bone broth.
- Add more liquid to achieve a soft gelatin texture (add up to 2 cups water, though this will not work in bite sized molds, a large dish or mold will be needed).
- Turmeric can be omitted. Other ingredients can be infused to create a unique taste, such as freshly torn mint leaves or ginger root. Do not use dry seasonings as they will not dissolve/mix and leave a layer on the base of the gummy.
- Honey can be adjusted as needed if a sweet taste is desired, or it can be substituted with another sweetener such as stevia, sugar, or monk fruit.