



Mānuka Honey Gummies

Daily Dose of Immunity with Mānuka Honey Gummies

Ingredients

Water.....	1 cup
Bees & Trees Mānuka honey.....	3 tbsp.
Freshly squeezed lemon juice	1/4 cup
Natural gelatin (any color).....	3tbsp.
Grated ginger.....	3 tsp.
Turmeric powder.....	1 tsp.
Cinnamon powder.....	1 tsp.



Directions

1. Add 1 cup of water to your gelatin and stir.
2. In a saucepan, combine lemon juice, Mānuka honey, and gelatin mixture. Heat over low heat until the honey is dissolved.
3. Whisk in the ginger, turmeric, and cinnamon powder.
4. Pour the mixture into a silicone mold and let it set in the fridge for at least an hour.
5. Once set, remove the gummies from the mold and enjoy!

P.S. Don't forget to stock up on our Bees & Trees Mānuka honey for this recipe and more!