



 Dairy Free

Prep Time: 10 min

Serving Size: 12

 Gluten Free

Cook Time: 5 min + 2-4hrs  
in the fridge

# IMMUNE SUPPORTING GUMMIES

Gelatin is a pure protein source which provides the body with a number of beneficial amino acids. These amino acids assist with tissue building and repair, particularly within the gut. The addition of ginger is a wonderful anti-inflammatory and warming spice, perfect for the fourth trimester or anytime your immune system is in need of some TLC.

## INGREDIENTS:

- 3 tbsp Natural Gelatin  
(we used Nutraorganics brand)
- 2 cups (500ml) freshly brewed ginger tea
- 1 tbsp honey

## METHOD:

1. Brew your ginger tea as per packet instructions and allow to steep for 5 minutes.
2. Bloom your gelatin by adding 3 tbsp gelatin powder to ¼ cup water, mix well until combined. If there are lumps add a little more water and mix until smooth.
3. Combine the ginger tea (while still very hot), gelatin and honey and mix well until combined.
4. Pour into moulds of choice and allow to set in the fridge, approximately 2 hours.

## TIPS & NOTES

- Storage: In the fridge for up to 5 days.
- You want the gummies to have flavour so if you are using ginger tea bags use up to 4 bags.