

Super Greens Gummies

INGREDIENTS:

- 6 T grass-fed gelatin
- ½ cup freshly squeezed lemon juice
- 2 cups no-sugar added fruit or greens juice
- 2-4 T powdered greens

PROCESS:

- In a saucepan, sprinkle the grass-fed gelatin over the lemon juice.
- Let it sit for a few minutes and start to dissolve.
- Whisk together all ingredients in the saucepan over medium heat.
- Heat it just enough to warm it. Do not bring it to a boil.
- Skim any foam from the top of the mixture.
- Pour into silicone molds or a parchment lined pan.
- Chill until set, about 30 minutes and then remove gummies from molds or slice into cubes.

ENJOY!

From: yurielkaim.com

