

# ABC Wellness Gummies

*They're sweet, slightly earthy, and surprisingly satisfying - made from apple, carrot, beetroot, raw honey, and grass-fed gelatin.*

## You need:

- 1 medium apple, chopped
- 1 small beetroot, peeled and chopped
- 1 medium carrot, chopped
- 1/2 cup (120 ml) water
- 2 tbsp raw honey
- 1–2 tbsp lemon juice
- Pinch of sea salt
- 20 g (about 2 tbsp) grass-fed gelatin powder

## How to do it:

1. Blend the apple, beetroot, carrot, and water until completely smooth.
2. Strain through a fine sieve or cloth to remove the pulp — you should have about  $1\frac{1}{4}$  cups juice.
3. Pour 1/2 cup of the cold juice into a bowl and sprinkle the gelatin over it. Let sit 5 minutes to bloom.
4. Warm the remaining juice gently in a saucepan (do not boil). Stir in honey, lemon juice, and salt.
5. Remove from heat and whisk in the bloomed gelatin until fully dissolved.
6. Pour into a glass container or mold and refrigerate 3–4 hours until set.
7. Cut into small squares and store in the fridge up to one week.

One or two a day is enough.

Not magic, just nourishment your body recognizes!