

# *Sugar Beet* FOOD CO-OP

## ELDERBERRY GUMMY RECIPE

### *Ingredients:*

*1/3 cup unsweetened elderberry juice or make your own elderberry syrup (recipe available in-store!)*

*2 TBS orange juice*

*3 TBS raw honey*

*3 TBS grass-fed gelatin (you can use 2TBS and still get great results)*

### *To Make:*

*Add ingredients into a saucepan, with a whisk combine them until no lumps are visible and mixture seems even.*

*Turn stove to the lowest setting and keep whisking until mixture is completely melted and warm to the touch. Do not let mixture get too hot to conserve all the properties in the honey.*

*Transfer to a can or candy mold. Pop in freezer for 10 minutes. Gummies will remain solid at room temperature. Enjoy!*

*To Enjoy:* Scoop a spoonful of Sugar Scrub as needed. Scrub skin then rinse.

*Recommended Storage:* A glass container/cool & dry place

**Gelatin:** derived from beef, chicken and fish bones. You find gelatin in bone broth, candies, Jell-O, jams and other foods. It is a useful binder to form foods. Gelatin contains an Amino Acid, Glycine, which helps to restore the mucosal lining in the stomach, helps to sooth and support the nervous system and is needed for creating connective tissue. It also is supportive to our bones and joints due to its anti-inflammatory response for the body. Agar Agar is a vegan alternative, derived from algae available in bulk spice & herbs!

((Recipe and information provided by:

<https://draxe.com/gelatin/> & <http://naturallymindful.com/2013/07/homemade-elderberry-gummies-vitamin-c-treats.html>)

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Sugar Beet Food Co-op  
812 W. Madison, Oak Park  
708.948.7656