

ANTI-INFLAMMATORY AND HEALING TURMERIC GUMMIES

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INGREDIENTS

- 2 cups water
- 1 tablespoon ground turmeric
- 3 tablespoons honey
- 2 tablespoons coconut oil (optional - see note below)
- 4 tablespoons unflavored gelatin powder
- 9" x 6" (or 2 quarts) Pyrex dish for this recipe.

INSTRUCTIONS

1. In a saucepan, combine water, turmeric, honey, and coconut oil. Heat on medium-high heat for about 5 minutes, stirring constantly.
2. Check sweetness and adjust to taste.
3. Remove from the heat and sprinkle gelatin powder over warm liquid.
4. Whisk vigorously for about 1 minute, ensuring gelatin powder is completely dissolved.
5. Pour into a dish and refrigerate for 2 hours, or until gelatin is firm and you can cut it into small portions with a knife.
6. Store in an airtight container. Will keep up to 7 days in the refrigerator.

NOTES

The coconut oil is optional in this recipe. It is used to enhance the absorption of the turmeric powder but may create a thin white layer on the surface of the gummies. Skip the coconut oil if you prefer to avoid the white coat