

Lemon-infused green tea gummies

INGREDIENTS

2 cups water
4 bags green tea
3 Tbsp. grass-fed gelatin
1 tsp. lemon zest
2 Tbsp. lemon juice
2 Tbsp. raw honey
⅛ to ¼ tsp. minced fresh ginger
(depending on how much you like ginger!)

PREPARATION

In a small saucepan, heat water until boiling. Add green tea bags and steep tea for at least 5 minutes. Once the tea is ready, slowly sprinkle gelatin over the tea and allow it to “bloom” or dissolve. (The key is to add it slowly so it doesn’t get clumpy. Stir out any clumps with a whisk or fork or whirl the mixture for a few seconds in the blender. It will get frothy but it will work). Add remaining ingredients to gelatin mixture in pan and stir until well combined. Pour mixture into a glass dish or individual ramekins. Chill for at least 45 minutes or until gelatin is set.

8-10 servings

