



# Vegan Strawberry Antacid Chewables

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Ingredients (makes ~20 tablets):

- 4 tbsp calcium carbonate powder (food grade, vegan)
- 2 tbsp powdered sugar (or erythritol for sugar-free)
- 1–2 tsp cornstarch or arrowroot powder (binder)
- 1–2 tsp coconut oil or vegetable glycerin (to hold shape)
- 1 tsp freeze-dried strawberry powder (for natural flavor + color)
- 1–2 drops natural strawberry extract (boosts flavor, optional)

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Instructions:

1. Mix dry ingredients: Combine calcium carbonate, powdered sugar, cornstarch, and strawberry powder in a bowl.
2. Add binder: Slowly add coconut oil or glycerin — just enough for the mix to clump when pressed.
3. Flavor boost: Add 1–2 drops of strawberry extract if you want a stronger fruity taste.
4. Form tablets: Roll into small discs, press into a pill press, or use a silicone mold (like for gummies).
5. Dry: Let them sit out for 24–48 hours until firm and chalky, like store-bought chewables.
6. Store: Keep in an airtight jar in a cool, dry place.

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Tips & Variations:

- For extra sweetness, dust with a little powdered sugar before drying.
- For kids, you can shape them into fun small molds (stars, hearts, etc.).
- If you want them extra fruity, swap half the powdered sugar for more strawberry powder.