

Ingredients:

Raw Sea Moss

Distilled, Spring, and/or Alkaline Water

Lemon Juice

Any additives (such as fruits and vegetables)

Tools Needed:

Blender

Measuring cups/spoons

Bowls or Pitchers

Spoons/spatula

Scale

Gloves

How to make sea moss gel at home:

1. Clean raw sea moss using spring or distilled water until clear of dirt and debris
2. Soak Raw Sea Moss in distilled or spring water. Make sure to add lemon juice for freshness and to reduce the sea moss smell and overall salty taste. Soak for at least 12-24 hours to allow the sea moss to double or triple in size.
3. The next day or after soaking the sea moss, drain the water out of the sea moss.
4. Blend soaked sea moss, your choice of water (distilled/alkaline/spring), and lemon juice on medium or high setting (puree or smoothie consistency). If you want to add any fruits, vegetables, powders, and/or fruit and vegetable juices, this would be the time to add them.
5. After blended, add finished sea moss gel in an air-tight lidded container or jar then refrigerate (lasts up to 30 days or less) or freeze (lasts up to 3 months). Use as needed.