

# Immune Gummies

- 1/3 cup of 100% pomegranate juice
- 3 tbsp honey
- 3 tbsp grass fed gelatin (Perfect Supplements Brand has a great one)
- 2 drops wild orange essential oil (we use DoTerra)
- 3 drops On Guard essential oil (we use DoTerra)



## INSTRUCTIONS

1. In a saucepan on low heat, whisk juice, gelatin, honey, and essential oils together until there are no lumps (the mixture should all be one consistency).
2. Pour mixture into an ice cube tray or silicone moulds. you can find some fun ones at your local craft store or here.
3. Place your gummies in the freezer for about 7-10 minutes until they are set.
4. Serve, or place in your fridge to store.

## OTHER INGREDIENTS + INFORMATION

1. 1/3 cup Juice (we like Orange Juice, Cherry Juice, and Pomegranate Juice- 100% for freshly squeezed, avoid sweetened)
  2. 3Tb Honey (local, raw & unfiltered)
  3. 3Tb Gelatin (grass fed!)
  4. 2-6 drops of Essential Oils of your choice. For best Immune Support, add DōTERRA's Onguard! This blend has so many studies showing effectiveness on supporting your body's immune system. We also like adding Wild Orange, Lavender (this pairs nicely with Dark Tart Cherry juice for a good bedtime gummy), Grapefruit and even MetaPWR e.o.'s!
- \*NOTE- For ease of transportation, set your molds on a cookie sheet before pouring. The cookie sheet holding the molds is easier to carry into the freezer than a floppy silicon mold
  - Why Tart Cherry Juice? It's packed with rich antioxidants and is helpful for supporting deep sleep!
  - Why Pomegranate Juice? SUPER powerful antioxidants, anti-inflammatory compounds, helps fight bacteria, known to help lower blood pressure, and reduce joint pain and ease arthritis discomfort.
  - Why Lavender E.O.? When making sleep gummies, we use dark tart cherry juice + Lavender e.o. to support our body's own natural melatonin production.
  - Why Onguard E.O.? To support a healthy immune system and fight off bacteria and viruses! Throat tickle? Lingering cough? Grab some Onguard!
  - Why Orange E.O.? We usually add a few drops of this to every batch because it's known to help improve mood and balance emotions. Plus it's also a cleansing boost for the immune system! This is also great to add to your glasses of water each day for the same boosts.
  - Why grass fed gelatin? Known to help improve our gut health, digestion, sleep quality, and the appearance of our skin! It's rich in calcium, magnesium, phosphorus, silicon, and sulphur, gelatin helps one stay healthy and in good spirits!