

# LOVE HEART JELLIES



*Heart Shaped Gummies*

Dom and I made these Love Heart Gelatine Gummies today as we started off going to make a lemon and honey drink for my cough but then got idea to make these. So easy! Gelatine is

According the information I've read the list of benefits associated with gelatine (or gelatin as it's also called) are far ranging and include supporting healthy skin, hair and nail growth, helping joint and joint recovery, improving digestion and so on. And aside from all of that it really doesn't taste like anything so you can incorporate it in all sorts of foods to make them even more nutritious.

## WHAT YOU NEED:

100ml (or about 1/2 cup) freshly squeezed lemon juice (or other fresh juice\*)  
2 tablespoons honey (we used Manuka but any honey or other sweetener of choice)  
2 tablespoons gelatine (we used the red Great Lakes brand).

\* We also did some blueberry ones using frozen blueberries heated with water in saucepan. (Heat,

