

SKIN-HEALING PROTEIN BALLS

By Jacinta Mullins Naturopath BHSc

Ingredients:

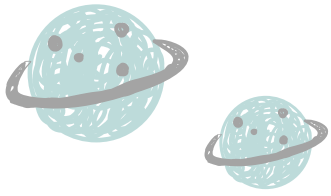
- 1 cup of almonds
- 1 cup of organic rolled oats:
- 2 tbsp of chia seeds:
- 2 tbsp of ground flaxseeds
- 2 tbsp of collagen powder
- 1/4 cup of coconut oil
- 2 tbsp of raw organic honey
- 2 tbsp of cacao powder
- Optional: Dried berries (e.g goji berries or cranberries) for extra antioxidants and sweetness.



Instructions:

1. In a food processor, blend the nuts and oats into a fine meal.
2. Add the chia seeds, flaxseeds, collagen powder, coconut oil, and cacao powder. Blend until well combined.
3. Add raw honey and blend until the mixture is sticky enough to form balls. If too dry, add a bit more coconut oil or a splash of almond milk.
4. Roll the mixture into small balls and place them on a tray lined with baking paper.
5. Refrigerate the protein balls for at least 30 minutes to firm up.





GUT & IMMUNE GUMMIES

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Ingredients:

- 1 cup of good quality orange juice (preferably freshly squeezed)
- 3 tablespoons organic or manuka honey
- 4 tablespoons unflavored gelatin powder
- Optional: Zest of one orange for added flavor



Method:

1. In a small saucepan, heat the orange juice over low heat until warm but not boiling.
2. Stir in the honey until dissolved.
3. Gradually sprinkle the gelatin powder over the warm orange juice, whisking continuously to prevent lumps.
4. Continue whisking until the gelatin is fully dissolved and the mixture is smooth.
5. If desired, stir in the orange zest for added flavor.
6. Pour the gelatin mixture into gummy molds or a shallow baking dish.
7. Refrigerate the gummies for at least 2 hours, or until set.
8. Once set, remove the gummies from the molds or cut them into desired shapes if using a baking dish.

