

# Vitamin C Gummies

Courtesy of Scarlett Willson at  
[www.culteredbaby.com.au](http://www.culteredbaby.com.au)

medium saucepan  
metal whisk  
silicon spatula  
measuring cups and spoons  
3 silicon mould trays or baking tray  
2-cup jug

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1. In the saucepan **whisk** together

1 cup **fresh orange juice**  
½ cup **filtered water**  
3 x 15ml TBS **granulated gelatine**  
1 x 15ml TBS **raw honey**  
½ tsp **ground turmeric**

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2. **Let stand** for 10 minutes to allow the gelatine to “bloom”. (The mixture will become thicker.)

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3. While **stirring** with the silicon spatula, **heat** slowly on the stove top until smooth and warm but not boiling. (You should not be able to see or feel any gelatine granules.)

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4. **Remove** from heat and **whisk** in

1 tsp **Vitamin C powder**

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5. **Transfer** to a jug and **pour** the mixture into the moulds or tray.

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6. **Refrigerate** for 2 hours or until set.

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7. **Unmould** (and cut into squares if using a tray), then **store** in a covered glass container in the refrigerator.

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