

Homemade Jello Gelatin

☀️ 1 tbs natural gelatin = 1/4 oz or 1 pkt commercial grocery store gelatin ☀️

Homemade Jello is a health food when made the natural way with gelatin, which comes from hides and bones of animals. Gelatin is very high in minerals. It has a plumping effect from collagen that reduces the appearance of cellulite and wrinkles. It also helps detox impurities from the liver which helps fat burning capability. Gelatin has many amino acids which are very helpful for brain neurotransmitters. Glycine is one of these proteins that is plentiful in gelatin that helps boost mood and sound sleep. Gelatin also provides the raw materials that are key to healing an inflamed and leaky gut/digestive tract, improves memory and learning and even has anti-tumor properties. Some women claim they've consumed lots of gelatin when pregnant and as a result didn't get any stretch marks or saggy skin. Traditional cultures ate gelatin and/or bone broth at every meal but it has fallen out of favor in our fast food culture. And, let's face it, kids love jello! Conventional jello on the marketplace is filled with sugar, artificial flavoring and dyes, not to mention their gelatin comes from animals that are fed improper diets with plastics & hormones. No thanks! We only use grassfed bovine-sourced pure gelatin, which brings back all of the healing and medicinal properties of old fashioned jello, while making it taste YUMMY. You'll also need some tasty fruit juice! Grape, orange, and cherry are all lovely flavors for jello. You can mix and match as you see fit or with what's in season. (NOTE: Do not use raw pineapple juice as the enzymes in the fruit will prevent the Jello from setting.)

Healthy Homemade Jello recipe #1

4 cups juice
1/4 cup gelatin

heat 2 cups juice
add to gelatin & mix
add cold juice

Healthy Homemade Jello recipe #2

Ingredients

2 cups of juice, preferable organic and freshly made or "not from concentrate."
2 tbs of gelatin
Raw honey or stevia (optional)

Directions

Take 1/2 cup of your juice and put in sauce pan on low to medium heat. Wait till the juice is hot and then add your 2 TB of gelatin. Stir constantly until the gelatin is fully dissolved. Turn off heat and let sit for 1-2 minutes. Add the gelatin-juice mixture to your remaining 1 1/2 cups of juice. Stir and taste. Add and mix in sweetener if you desire. Pour mixture into a jello mold (any glass bowl will work... even ice cube trays). Put jello into refrigerator and let sit for at least 3-4 hours, and better overnight.



Homemade Healing Blueberry Jello

Folks eat a million sugar free Jello puddings when on Weight Watchers. They are good but then their health went down hill. Wonder why? Aspartame, msg, artificial flavors and more, it is enough to make your body go on strike. This healing natural gelatin recipe is a much better option!

Ingredients:

1 cup water
1 cup fresh blueberries
1 Tbsp grass fed gelatin
2 tbsp lemon juice
6-8 drops liquid stevia **OR** 1-2 Tbsp honey to taste

Directions:

Cook the blueberries in the water until they are soft over medium heat.
Strain out the blueberries peels through a wire mesh.
Press the blueberries into the mesh to make sure you get all the liquid out.
Put the liquid back in the pan and dissolve gelatin over the heat.
Add the sweetener and the lemon juice.
Put in small cups to chill for one hour in the fridge.
Makes enough for two small servings or one big one



Tart Fresh Grapefruit Jello

Ingredients:

2 cups water
2 Tbsp grass fed gelatin
juice of 1 large grapefruit
1 tsp stevia powder extract

Directions:

Mix the gelatin and the water in a sauce pan away from heat.
Turn the burner onto medium high and put the saucepan over the heat.
Stir the water mixture until it starts to get warm.
Add the grapefruit juice and stevia to the pan.
Keep stirring until the mixture is very warm.
Pour the mixture into pudding cups and refrigerate for one hour.
Serve and enjoy this homemade tart and fresh grapefruit gelatin.
Make 4 1/2 cup portions



Kombucha Gelatin Gummies

(gluten & dairy free, Paleo)

These easy Keto Kombucha Gelatin Gummies combine the awesome healing benefits of grass fed gelatin with the probiotic power of kombucha or keVita. Did you know we have 4-5 lbs of bacteria living in our guts and if you have too many of the wrong kind things can go haywire with your health. It is important to support the good bacteria daily by giving them reinforcements against assaults we throw at them like antibiotics, sugar and gluten. Gelatin provides the raw materials needed for healthy skin, teeth and the digestive tract. And since it has fallen out of fashion health has declined. This keto keVita or kombucha gelatin gummies combine healing benefits of grass fed gelatin with the probiotic power of kombucha. Plus, these are perfect snack for paleo, gluten free, low carb, sugar free and dairy free dieters.

Ingredients

3 tablespoon grass fed gelatin rounded
1/2 cup boiling water
1/4 teaspoon stevia powder extract
1 16 oz bottle of keVita or Kombucha room temperature

Prep Time 2 hours
Cook Time 2 minutes
Total Time 2 hours 2 minutes
Servings 12 gummies
Calories 11 kcal

Author Caitlin Weeks grassfedgirl.com)

Instructions

Whisk the gelatin with the boiling water in a large bowl until dissolved.

Add the sweetener to the gelatin and stir.

Very slowly stir in the room temperature kombucha/keVita.

Pour the mixture into an 8x8 glass dish or silicone mold and refrigerate for two hours.

Cut into shapes of choice or just eat with a spoon and enjoy



Recipe Notes For Paleo version: Use 1 tablespoon honey in place of stevia sweetener for a higher carb version.

Healthy Homemade Gummies

1 cup juice
eye dropper for little gummies (if you have gummy bear molds)
1 1/2 tbs gelatin
honey for sweetness

Place the juice in a small pot on high heat until it simmers. Add the gelatin while whisking until it's dissolved. Then, add the sweetener you are using. Use an eye dropper for less mess, and pour in molds or ice cube trays. Place in the fridge until set – about 1-2 hours. Remove from molds, or slice, and DEVOUR! Store the gummies in an airtight container in your fridge. These gummies will keep the perfect consistency and hold together well if kept in the fridge, but be sure to do so! If they are kept at room temperature, they will melt.

Gummies Made With Real Fruits & Veggies

Ingredients:

- 2 cups diced fruit chunks or berries (frozen or fresh)
- 1 medium carrot or beet, roughly chopped
- 1/4 cup water
- 1/4 cup maple syrup
- 5 Tbsp beef gelatin powder

Instructions:

1. First, spray two glass containers with non-stick cooking spray. I like to use avocado oil spray.
2. Add the fruit, veggies, and water to a high-speed blender and blend until everything is completely pureed. (Depending on the power of your blender, you might want to steam the vegetables to soften them in advance. This will allow them to puree easier)
3. Add in maple syrup and blend for another 10 seconds until fully mixed.
4. Pour the pureed mixture in a saucepan, then sprinkle the gelatin on top. Do not mix it in yet - Let this sit for 5 minutes before stirring.
5. Now, turn on your stove to medium heat and start whisking the gelatin in. Keep stirring constantly until the mixture becomes smooth and has been warmed all the way through (do not boil).
6. Pour the mixture into a square container. Scrape the sides of the saucepan with a spatula to get it all out.
7. Place in the fridge overnight to chill. The next day, use a knife to loosen the sides and a spatula to help remove from the container. Cut into small cubes and store them in a glass container in the fridge for up to 1 week.

DIY: Make Your Own Healing Gelatin

by Caitlin Weeks (grassfedgirl.com)

grassfedgirl.com/the-top-7-most-frequently-asked-questions-about-gelatin

Great healing benefits of gelatin:

- Contains easy to digest calcium, magnesium, phosphorus, silicon, sulfur and trace minerals
- Speeds healing from seasonal cold's and flu's
- Builds healthy bone matrix
- Provides minerals for strong teeth
- Supports joints, cartilage and tendons with Chondroitin and Glucosamine
- Fights cellulite
- Prevents and plumps wrinkles
- Increases muscle mass
- Speeds metabolism
- Heals the intestinal lining for help preventing chronic disease
- Support for over-stressed thyroid and adrenal glands
- Broth with gelatin makes small portions of meat very filling which saves money



Ingredients:

3-4 lbs pastured animal bones (any kind will work, the more bones the more likely it will gel...fill'er up!)
4-5 quarts filtered water
1 tbs sea salt

Prep Time: 5 minutes
Cook time: 8-48 hours
Serves: 6-8

Directions:

Put all the ingredients in a slow cooker on low overnight or for up to 48 hours.
Strain it off through a wire mesh strainer and save the bones for another use.
Refrigerate the strained mixture until firm or overnight.
Chip or scrape off any fat and save for cooking or discard.
Melt the gelatin and add fruit and sweetener to make something sweet then refrigerate again.
Or use the gelatin as a base for making a soup or stew.
This gelatin will keep in the fridge for a week (or a year in the freezer).