

# Homemade Jello Gelatin

## INGREDIENTS

- 4 cups of 100% juice
- 2 Tbs unflavored beef gelatin
- 2 Tbs honey

## INSTRUCTIONS

- ① Add 1/2–3/4 cup of the juice to a bowl or liquid measuring cup and sprinkle with gelatin powder.
- ② Whisk together to combine and allow to sit for 3-5 minutes to “bloom.” The granules will plump and the mixture will look like very thick applesauce or take on a lumpy appearance.
- ③ Pour the remaining (3-1/4 – 3-1/2 cups) juice into a medium saucepan. Heat over medium heat until almost boiling.
- ④ Remove from heat and stir in honey (if using) and the bloomed gelatin mixture. Stir to dissolve.
- ⑤ Pour into an 8×8 (2 quart) baking dish for thick Jello or a 9×13” baking dish for thin Jello, or into individual glasses or jars for individual portions.
- ⑥ Refrigerate about 4 hours, or until set. (If you’ve used a 9×13 pan, it may be set in as little as 2 hours)



## NOTES

Use 100% fruit or veggie juices to add the color; fresh pressed works too. The only exception is fresh pineapple juice: the enzymes in pineapple can break down the gelatin so it won't gel properly.

The natural sweetener, honey is totally optional; gelatin dilutes the juice flavor slightly; adding honey restores its normal level of sweetness.

Use grass-fed beef gelatin. Knox gelatin is more readily available but isn't grass fed. \*You must use unflavored beef gelatin for this recipe, not protein powder, collagen, or gelatin-based protein powders. ONLY gelatin will work. DOES THE GELATIN ADD FLAVOR? Not to the finished product. It DOES smell \*awful\* when initially mixed with cool liquid to bloom. Ignore that! Once it's dissolved in the warm juice, the smell/ flavor disappears.

**STORAGE:** Keep in fridge: Best 4-5 days; OK for up to 7-10 days.

## COLLAGEN vs. GELATIN

*Collagen and gelatin are great sources of protein and known to benefit digestion, hair, skin, nails, and joints. They contain the same amino acids, but each behaves differently. Here's a quick comparison between collagen vs. gelatin:*

### COLLAGEN

- Also called collagen peptides, or hydrolyzed collagen
- Digests faster than gelatin
- Can be used in hot or cold liquids
- Flavorless (tho not recommended mixed with just water)
- Doesn't have any gritty or chalky texture

### GELATIN

- Powdered gelatin (NOT gelatin-based protein powder)
- Creates a gel or Jello effect when prepared.
- Commonly used in gut-healing diet protocols: Gelatin digests more slowly, and coats the small intestine, which can help with healing the gut.
- Must be “bloomed” first in cold liquid to plump and thicken the gelatin granules, then dissolved in hot liquid.
- Only dissolves in hot liquids. If you attempt to put it in cold liquid without heating it later, it will bloom but won't dissolve. (And create an unpleasant thick lumpy texture.)