

Your First Wealth Is Health



Lemon Ginger Jiggle Bars

Immune-boosting and great joint support

Preparation time: 10 minutes

Total time: 20 minutes

Ingredients

1 cup freshly squeezed lemon juice (about 4-5 lemons)

2 cups filtered water

1 1/2 teaspoons of freshly grated ginger

1/4 cup happy (grass-fed) gelatin (such as Great Lakes)

3 tablespoons raw honey

Method

Place 2 cups of filtered water in a medium pot and bring it to a boil. Remove from heat and add grated ginger. Leave to infuse for 5-10 minutes.

Pour fresh lemon juice into a bowl and sprinkle over the gelatin and leave to "bloom."

When ginger has infused, strain into a bowl to remove ginger sediment. Transfer the bloomed gelatin mixture into the ginger water and whisk until completely dissolved and free of lumps.

Stir in the raw honey. Taste for sweetness and adjust as desired. Pour into molds or a glass/ceramic dish. Refrigerate until set.

Recipe adapted from joannafrankham.com