

Sleepy Time Gummies

Tag me if you make them
@drlindseyschmidt

Ingredients:

- 2/3 - 1 cup Tart Cherry Juice
- 1/2 - 3/4 cup Blueberries
- 4 tablespoons gelatin, unflavored + grass-fed
- Optional:
 - 1/2 teaspoon vanilla extract
 - 1/2 - 1 tablespoon honey or pure maple syrup
 - 1 - 2 scoops powdered magnesium

Steps:

- Place tart cherry juice and blueberries into a sauce pan, and heat over medium heat.
- Stir blueberries, and cook until steaming & berries are soft, add optional honey or maple syrup.
- Put tart cherry juice and blueberries into a blender or food processor. Blend until smooth.
- Add 4 tablespoons of gelatin to blender & blend until smooth.
- Pour mixture into candy molds, or a 9x9 glass dish work too! refrigerate for 30 minutes - an hour.

Notes:

- Store in fridge for up to a week - 10 days
- Can eat 5-8 gummy bears or 1 brownie sized square
- It's hard to eat "too much" do not a lot of tart cherry juice and gelatin in entire mix
- Hot tip: swap out tart cherry juice for any juice and now you have a gummy you can enjoy anytime of day with the gut benefits!

