

# Berry Gummies

PREP: 5 MINS | SETTING TIME: 2-HOURS

HOW MANY I EAT: HANDFUL A DAY | SHELF LIFE: 4 DAYS +

## INGREDIENTS:

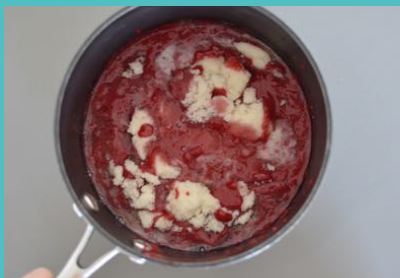
1 cup frozen berries  
1 cup kombucha + extra 1/3 cup (you can use water)  
4 tablespoons powdered gelatin  
1 tbsp honey  
1/2 tspn vanilla

## EQUIPMENT:

Silicone moulds OR,  
glass pyrex container



STEP 1. Pop your frozen berries in a saucepan over a low to medium heat and let them start thawing. Meanwhile, 'bloom' your gelatin by putting the gelatin into the 1/3 cup of liquid and giving it a quick stir until it's no longer a powder.



STEP 2. Now, pop the thawed berries into a blender with the vanilla and honey if you're using it. It's done when it resembles a 'smoothie' like consistency with no bumps.



STEP 3. Now pop the berry mixture back in the saucepan, and add in the gelatin. I often use my hands and crumble it up, so you don't have a huge big ball of mess. Lightly stir it until it's all melted.



STEP 4. Take it off the heat and stir in your kombucha. Then pour the gummy mixture into the moulds and pop it in the fridge to set for 2 hours.

## OTHER FLAVOURS TO TRY

Mango & passionfruit

Blackberry

Any other frozen fruits

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# Thermomix Instructions

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PREP: 5 MINS | SETTING TIME: 2-HOURS

CONSUMING GUIDELINES: 5 A DAY | SHELF LIFE: 4 DAYS +

## Berry Gummies In Thermomix

Heat the frozen berries for 4 minutes, 90, speed 2.

Meanwhile, bloom your gelatin in the 1/3 cup kombucha.

Blitz the berry mixture once it's thawed for 10 seconds on speed 8.

Scrape down the side of the bowl and add in the vanilla and honey if you're using it.

Then, crumble in the bloomed gelatin and let it cook for 4 minutes, 37 degrees, speed 1.

Once it's melted, add in the 1 cup of kombucha and pour into your moulds and let set for 1 to 3 hours in the fridge.

# Probiotic – Fermented Carrots

PREP: 5 MINS | FERMENTING TIME: 2-5 DAYS  
SHELF LIFE: 4-5 DAYS

## INGREDIENTS:

4 carrots carrots, peeled and chopped into sticks  
Pinch salt  
1 probiotic capsule, opened up  
Filtered water, to cover

## EQUIPMENT:

2L jar or use two smaller ones



STEP 1. Combine the probiotic capsule powder with 1 cup of water and the salt in the jar. I use a large 2L one. You'll notice it goes whitish in colour when you're stirring it.



STEP 2. Now, pop the carrots in the water. I really pack mine in so they don't float away. Cover it with extra water, so it's completely submerged. Make sure you leave some space between the vegetables and the top of the jar so the water doesn't overflow as it ferments.



STEP 3. Leave it for 2 days and check if they're fermented by giving them a taste. They'll taste slightly 'fizzy' and should still have a crunch to them. If not, pop the lid back on and let it keep going. Store them in the fridge for 4-5 days.

## How To Serve

With a dip or peanut butter

Sliced through cooked peas and butter as a side for dinner

In the babes' lunchbox, plain

Note: Do NOT cook these carrots, they'll lose their probiotic goodness if you heat them.

STACE'S FERMENTING SERIES  
7-9 NOVEMBER

# SHOPPING LIST

## **Recipe 1: Fermented Carrots**

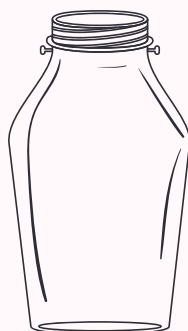
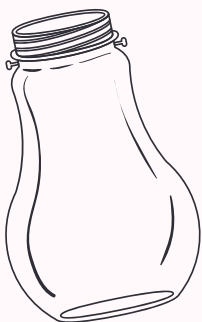
4 large carrots  
1/2 tspn salt  
1 probiotic capsule  
Filtered water

## **Recipes 2: Berry & kombucha gummies**

1 cup frozen berries  
1 cup kombucha + extra 1/3 cup (you can use water)  
4 tbsp powdered gelatin  
1 tbsp honey  
1/2 tspn vanilla



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**Probiotic Capsule:**

Use what you may have on hand at home first. Just ensure it's in date, and the tablet hasn't gone 'hard'. If you need to purchase, get a brand with a lot of different 'strains' of bacteria, rather than the number of each. Read the label on the back of the jar, and you'll see all the different types. I try and get one with 10+strains. I'll teach you more about that in the series.

The brands I use: Life Space, BioCeuticals, Fusion Health, Herbs Of Gold.

**Gelatin:**

This is what will set your gummies from runny to stiff jelly / lollie like. You're after powdered gelatin, rather than a gelatin 'sheet'. I have found a HUGE taste difference between a good quality gelatin and the supermarket one, so if you can, do buy a good one.

I use: Gelatin Australian brand, Vital Proteins brand @ iherb, The Source Bulfoods brand or any type from a Health Food Store.

**Vegan Gelatin:**

You can try agar-agar or a vegan gelatin substitute. I would aim to nearly double the amount of gelatin the recipe. So aim for about 6tbsps or so. That way, it sets well.

**Kombucha:**

This is a fermented tea that is carbonated (fizzy) and often flavoured with fruit. It's my kids favourite and is full of beneficial bacteria and yeasts. I'll be teaching you how to make it for a tenth of the price in my full Fermenting Course, but for now, grab a bottle from the supermarket or your local store. Just make sure it's a yummy flavour, I recommend passionfruit or apple if you can get it.

**Jars:**

Standard metal top jars i.e. old jam jars are the best. Ring pull and fancy screw top ones will not work as well.

**Gummies trays:**

You can buy silicone ice brick moulds on eBay or make it easier and use a container and chop them up.



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