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Orange & Kombucha Gummies

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PREP: 5 MINS | SETTING TIME: 2 HOURS

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

INGREDIENTS:

1 cup cold-pressed orange juice

1 cup kombucha + extra 1/3 cup (you can use water)

4 heaped tbsp gelatin

Optional: 1 tbsp rice malt syrup (Personally, I never use it)

EQUIPMENT:

Silicone moulds OR,
glass pyrex container



STEP 1. Pop the orange juice (and sugar if you're using it) in a saucepan over a low heat. Meanwhile, pop the 1/3 cup of kombucha (or water) into a bowl and sprinkle the gelatin over the top. Give it a good stir so that it's all incorporated. This process is called 'blooming' your gelatin – basically making it soft.



STEP 2. Now, spoon the gelatin into the warm orange juice and stir until all the gelatin chunks are gone, this take less than a minute (if your juice is warm enough). Then, turn off the heat and pour in the kombucha. You're trying not to heat your kombucha too much because that will kill all the good probiotic bugs that live in it.



STEP 3. Pour the jelly mixture into the moulds or glass container . I re-use my measuring cup for this, so it doesn't get too messy. Pop the filled moulds/container in the fridge to set for 23 hours.

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HOW BEST TO STORE THEM?



Pop the gummies out of the silicone moulds and store them in an air-tight glass container in the fridge. Add them to lunchboxes, just include an ice-brick if it's the middle of summer.

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Gummies Thermomix Instructions

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PREP: 5 MINS | SETTING TIME: 2-HOURS
CONSUMING GUIDELINES: 5 A DAY | SHELF LIFE: 4 DAYS +

Orange Juice Gummies In Thermomix

Pop the orange juice in the Thermomix bowl.

Meanwhile in 1/3 cup of water or kombucha bloom your gelatine.

Then, crumble in the bloomed gelatin to the orange juice and let it cook for 4 minutes, 37 degrees, speed 2. This will melt the gelatin.

When done, pour the kombucha in with the orange juice now and stir for 5 seconds.

Now pour the mixture into your moulds and let set for 1 to 3 hours in the fridge.

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Probiotic – Fermented Carrots

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PREP: 5 MINS | FERMENTING TIME: 2-5 DAYS
SHELF LIFE: 1 WEEK-ISH

INGREDIENTS:

- 1 kg carrots, peeled and chopped into sticks
- 1/2 tspn 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 a 1-2 days and check if they're fermented by giving them a taste. They'll taste '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 a good week or two.

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How To Serve

With a dip or peanut butter

Sliced through cooked peas and butter as a side for dinner

In the babes' lunchbox

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

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