

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

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## Homemade Fruit Snacks

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### Ingredients:

- 1 cup water (divided)
- ½ cup (8 tablespoons) gelatin powder
- ¼ cup honey or maple syrup (optional and to taste)
- 1 cup kombucha or fruit juice
- 1 cup pureed fruit (strawberries and other berries are our favorite – applesauce will also work)  
The easiest method I've found is to defrost frozen berries and puree them with a blender or immersion blender

### Directions:

- Note: It is important to have all ingredients ready before beginning as you'll need to work quickly once you start.
- Puree fruit to create a puree the consistency of applesauce or a little thinner. For us, defrosted frozen berries pureed in a blender or food processor work perfectly. Set aside one cup of pureed fruit.
- Set aside one cup of kombucha or fruit juice. We prefer homemade kombucha flavored with strawberries for this recipe.
- Boil ½ cup water.
- Place ½ cup cool water in a medium sized bowl or quart size mason jar.
- Add ½ cup gelatin powder and stir quickly to create a paste.
- Quickly add the ½ cup boiling water and stir again briskly.
- This should form a thick but stirable liquid.
- Add the honey or maple syrup and stir.
- Add the kombucha/juice and pureed fruit and stir well. You can stir with a spoon or whisk, or use an immersion blender to make it really easy.
- Very quickly pour the mixture in to molds or a greased glass baking dish or other greased dish and allow to cool in fridge for 2-3 hours.
- Store in fridge in an airtight container for 1-2 weeks.