



DIY Vitamin Gummies!

I get a lot of questions about how I get my kids to take vitamins, tinctures and juices. My 3 kids see these things as a normal part of the day because its the only thing they know...but it got me thinking about mums who are in transition with their families...

Soooo, for all you mamas trying to put your kids on a healthier path – here is a recipe for some DIY Gummy Vitamins that I promise your kids will LOVE – and you can feel good about them taking.

INGREDIENTS

- 5 Tablespoons Gelatin Powder (I use this one, grass fed beef)
- 1-1 1/2 cups fruit/vegetable juice (fresh cold pressed or no sugar added)
- Sweetener – 2 tablespoons of honey, 2 or 3 drops Stevia (This is our fav – NO bitterness!)
- Vitamin C (Be careful with this one as most sources are from GMO corn. I like to use Camu Camu Powder. (1-2 tsp)
- Probiotic (2-50 billion capsules opened)
- Greens Powder (I like [Boku Superfood Powder](#))

In a small sauce pan over low heat, mix the juice, gelatin and sweetener and stir until smooth. It should be thick and syrup-like. Remove from heat and mix in Camu Camu, Boku and Probiotic.

Very quickly pour into molds or a small dish greased with coconut oil and put in the freezer for 10 minutes to harden. Remove and pop out of molds. For small dish cut into squares.

My FAVOURITE juice combinations

Red/Pink: Red beets, strawberries, carrots and a bit of lemon juice

Orange: Carrots, oranges, ginger and some mango juice

Yellow: Yellow bell pepper, yellow beets, yellow pear, yellow apple and a bit of lemon juice (DO NOT use pineapple juice, your gelatin will not set up due to the enzyme bromelain that's found in pineapples.)

Green: Kale, kiwi, cucumber, green apple and lime (green grapes would work well, too)

Purple: Purple cabbage, blackberries, blueberries, a bit of red beet and an apple (concord grapes would work well, too)



Kale Salad with Pecan Parmesan and Cranberries

This is by far my favourite salad this summer, best part of it is its ability to keep in the fridge for a few days which means less time in the kitchen and less dishes!

Ingredients:

For the Salad & Dressing

- 2 medium bunches destemmed kale (I use the curly kale), finely chopped
- 2 large garlic cloves
- 1/4 cup fresh lemon or lime juice (I prefer lime)
- 3-4 tablespoons extra virgin olive oil, to taste
- 1/4 teaspoon fine grain sea salt
- 1/4 teaspoon freshly ground black pepper
- 1-2 handfuls dried sweetened cranberries, for garnish

For the Pecans

- 1 cup pecan halves, toasted
- 1.5 tablespoons nutritional yeast
- 1 tablespoon extra virgin olive oil
- 2 pinches fine grain sea salt
- Optional: Use 1.5 tbsp of coconut sugar to coat pecans instead of nutritional yeast.

Directions:

Preheat the oven to 300F. Spread the pecans onto a baking sheet and toast in the oven for 8-10 minutes until fragrant and lightly golden.

Remove the stems from the kale and discard (you can save for juicing if you are hard core!). Finely chop the kale leaves (the smaller, the better!).

Place dried kale into a large bowl.

For the dressing: Throw garlic, lemon or lime juice, oil, salt and pepper into blender and pulse until well blended. Add to the kale and massage with hands or toss with spoons. Keep mixing for about 1 minute to ensure everything is coated perfectly.

For the pecans: Add in the nutritional yeast, oil, and salt to the pecans and mix until they are fully covered.

Sprinkle the pecans all over the salad. Toss on a handful or two of dried cranberries and serve!

[Slight adaptation of original recipe posted by Oh She Glows.](#)



Flavoured Kefir Water

Who loves water kefir?

I DO! I enjoy a glass of water kefir with dinner almost every night. It's my delicious, fizzy little evening treat that helps me chill and unwind and its full of probiotics which keep my immune system pumping at the levels it needs to keep me on my game.

The kids refer to it as "power juice" and ask for it daily which keeps the boogers at bay – and my sanity in check because healthy kids = happy mum!

Here is a list of our favourite flavourings...

Water Kefir Lemonade

- make water kefir and remove the kefir grains.
- add $\frac{1}{4}$ cup lemon juice to each quart of water kefir.
- add a few raspberries for an optional twist
- seal in airtight container for 24-48 hours.
- chill and serve!

Orange Zest Water Kefir

- make water kefir and remove the kefir grains.
- add several strips of organic orange zest (not the juice)
- culture in airtight container for 24-48 hours
- strain, chill and serve!

Cream Soda Water Kefir

- make water kefir and remove the kefir grains.
- 2-3 teaspoons vanilla extract per quart of water kefir.
- culture in airtight container for 24-48 hours.
- chill and serve!

Blueberry-Pomegranate Water Kefir

- make water kefir and remove the kefir grains.
- add $\frac{1}{2}$ cup blueberry-pomegranate juice per quart of water kefir.
- culture in airtight container for 24-48 hours.
- chill and serve!

Raspberry Juice Water Kefir

- add kefir grains to 1-2 quarts of organic raspberry juice and culture for 24-48 hours.
- strain and remove grains
- serve flat or for culture another 24-48 hours in airtight container to make it fizzy
- chill and serve!

Berry Mint Mojito

- water kefir and remove the kefir grains.
- add a few fresh strawberries or raspberries and a couple mint leaves and the juice of half a lime.
- culture in airtight container for 24-48 hours.
- strain, chill and serve!

Grape or Apple Juice Water Kefir

- add kefir grains to 1-2 quarts of organic grape or apple juice and culture for 24-48 hours.
- strain and remove kefir grains
- serve flat or for added fizz culture another 24-48 hours in airtight container to make it fizzy
- chill and serve!

Coconut Water Kefir

- add water kefir grains to 1-2 quarts coconut water. (raw cold pressed or straight from young Thai Coconuts is best)
- strain and remove kefir grains
- serve flat or for added fizz culture another 24-48 hours in airtight container
- Refresh the grains in a batch of sugar water after making coconut water kefir, to keep them healthy.

Watermelon Rosemary Water Kefir

- water kefir and remove the kefir grains.
- add a cup of fresh watermelon chunks and some fresh rosemary
- culture in airtight container for 24 hours.
- strain, chill and serve!

Cucumber Mint Water Kefir

- water kefir and remove the kefir grains.
- add sliced cucumber and a couple mint leaves
- culture in airtight container for 24 hours.

strain, chill and serve!



Sourdough Cinnamon Buns

Cinnamon buns are one of those treats that takes me right back to my childhood. The ever so amazing combination of sugar, butter, cinnamon and light fluffy dough – what could be better?!

ALOT!

I set out to create a recipe that was dare I say “almost” healthy so that my kids could also enjoy this treat and I didn’t have to spend the next 24 hours peeling them off the ceiling from the sugar high.

Now – before we go any further I have a confession...I am NOT a baker and this is the very first time I have made cinnamon buns. They turned out AMAZING! Even with me completely butchering and combining about 5 recipes I found online. So if you are a newbie – feel confident that you also can create this masterpiece!

Ingredients:

Dough

- 1 cup sourdough starter
- 1/4 warm water
- 1 tsp salt
- 1/3 cup butter or coconut oil
- 2 eggs
- 1 cup sprouted whole wheat flour

- 1-2 cups red fife flour (low in gluten)

Filling

- 1/2 cup butter (softened)
- 1 tbsp cinnamon
- 1/3 cup palm sugar
- 1 tbsp brown sugar
- 1 tbsp cane sugar (optional)

Directions:

Measure the sourdough starter into a large mixing bowl. Add the warm water, salt, melted butter or coconut oil, and eggs. Mix well.

Gradually add the flour until the dough forms a ball and is soft, not sticky.

Turn out onto lightly floured surface and knead until smooth and elastic, place the dough into a lightly oiled (coconut oil) bowl, turning to coat. Allow to rise until double. The length of rise will depend upon how active your starter is. I let mine raise about 7 hours.

Punch dough down and roll out on a lightly floured surface into approx 18 x 20 inch rectangle.

Prepare the filing. Mix all the ingredients in a small bowl. Spread the dough with the filling.

Starting on the long side, gently roll the dough into a log. Using a piece of string, slide it under the roll, wrap around and cross the strings cutting off approx 1 inch pieces.

Place in oiled 9x13" baking dish and let sit covered with towel for approx 1 hour.

Preheat the oven to 350 degrees and bake for 30 minutes.

Remove from oven and ENJOY!