

# Lemonade Gummies

Auto-Immune Friendly Protocol  
-from Paleo Approach Cookbook

## Ingredients:

- 1/3 cup fresh squeeze lemon juice
- 3 Tbsp grass fed [gelatin](#)
- 2 Tbsp [raw honey](#)

## Directions:

1. Pour Lemon juice and honey into skillet on low heat – not hot since it will kill the probiotic awesomeness of the raw honey.
2. Once warm mix in the gelatin.
3. Mix thoroughly until the gelatin has dissolved. (I highly recommend using a stick blender if you have one to do this in a snap)
4. Pour into silicone molds (like these cute [bear ones](#))
5. Put in the freezer for 15 minutes.
6. Take out and enjoy!

