



There are many fermented foods available in local grocery stores, and you can make your own fermented products at home! Here's a fun recipe for the whole family by fermentation expert Scarlett Willson (@culturedbaby on Instagram).

Serves 10. Use this **RECIPE** below.



## Berry Kefir Probiotic Gummies

### INGREDIENTS

- + 1 cup berries (any type you prefer)
- + 1 half lemon, juiced
- + 1 tablespoon honey
- + ¼ cup water
- + 4 tablespoons gelatin
- + ½ cup kefir

### INSTRUCTIONS

- 1 Blend berries, lemon juice, honey, and water together in a blender or food processor.
- 2 Add to a saucepan and sprinkle in the gelatin. Heat while stirring until gelatin is dissolved.
- 3 Remove from heat and allow the mixture to cool to room temperature, then whisk in the kefir.
- 4 Pour it into silicone molds or a container lined with parchment paper and refrigerate until set.



### NUTRITIONAL INFO

**SERVINGS** 10 | **CALORIES** 32

**% DAILY VALUE\*** Total Fat 0.5g 1% | Saturated Fat 0.3g 1% | Cholesterol 2mg 1% | Sodium 12mg 1%  
Carbohydrate 4.2g 2% | Dietary Fiber 0.7g 2% | Sugars 3.3g

**GOOD SOURCE OF:** Potassium, Calcium, Protein  
[nutritional category not listed equals zero]

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Cut out this handy **SHOPPING LIST** and take it with you to the grocery store to make sure you don't miss any crucial ingredients!



## Berry Kefir Probiotic Gummies SHOPPING LIST

### PRODUCE

- berries
- lemon

### PANTRY

- gelatin
- honey

### TOOLS

- blender
- saucepan
- silicone mold or parchment paper

### DAIRY

- kefir

