

Herbal Gummies

Gummies are a great 'mode of transport' for liquid medicines for children who might struggle taking the medicines in more traditional ways. The recipe that we use is as follows.

Ingredients

0.5 cup apple juice

3 tablespoons blackcurrant juice concentrate (we use Barkers unsweetened – if you use a sweetened one, you can omit the honey below)

1 tablespoon honey

30ml liquid herbal tincture

2.5 tablespoons gelatine

Traditional Method

- 1) Place juices in a small saucepan and sprinkle gelatine over. Allow to sit for a few minutes so that the gelatine soaks up liquid and swells (blooms)
- 2) Add honey and heat on a low-medium heat, while whisking, until gelatine is dissolved.
- 3) Remove from heat, transfer to a pouring jug and whisk in herbal tincture.
- 4) Pour into silicone moulds and allow to set in the fridge for 1-2hours. This recipe is designed for six 5ml doses of herbal tincture, so pour into 6 medium-large sized moulds (1 gummy per dose) or 12 small-medium sized moulds (2 gummies per dose).
- 5) Remove from moulds and store covered in the fridge.

Thermomix Method

- 1) Place juices in thermomix bowl and sprinkle gelatine over. Allow to sit for a few minutes so that the gelatine soaks up liquid and swells (blooms)
- 2) Add honey and set thermomix for 4min, 65 degrees, speed 2.
- 3) Transfer to a small pouring jug and whisk in herbal tincture.
- 4) Pour into silicone moulds and allow to set in the fridge for 1-2hours. This recipe is designed for six 5ml doses of herbal tincture, so pour into 6 medium-large sized moulds (1 gummy per dose) or 12 small-medium sized moulds (2 gummies per dose).
- 5) Remove from moulds and store covered in the fridge.

Notes

- This recipe was designed for 5ml doses. If your required dose is not 5ml, adjust the total amount of herbal tincture you use in the recipe depending on your required dose. To do this, take the dose requirement (e.g. 4ml) and multiply by 6 (because this recipe provides 6 doses) to get the total amount of tincture to add (e.g. $4\text{ml} \times 6 = 24$, so 24ml would give you 6 doses).
- This recipe is quite forgiving. You can add a bit more liquid/honey and still have gummies that set. You can add more gelatine for firmer setting gummies. You can use different flavoured juices or other liquids (e.g. coconut water, coconut milk).
- If the herbal tincture taste is too strong, you can experiment with adding more juice (strong flavours may work best) and more gelatine (so that they still set). You will just have larger gummies for each dose.
- You can use tiny gummy moulds (gummy bear size) - just ensure that you equally divide them across multiples of the number of doses for your batch. E.g. this recipe makes 6 doses, so we would divide between 6, 12, 18 or 24 mini-moulds (and the child would have 1, 2, 3 or 4 gummies for each dose). You may need to use a medicine dropper to fill mini-moulds.
- Ensure that you use gelatine and not collagen. They are similar products but they are processed differently - meaning that only gelatine will set your liquid into jellies. I have been unable to source an organic gelatine, so I look for free range/pasture raised. It is readily available online and in health stores.
- If making gummies feels too overwhelming, there are 'just add water' DIY gummy mixes available (the brand I have seen is Locako) - just replace some of the water with your herbal tincture.
- There are gummy recipes online using agar agar powder (not flakes) for a vegetarian/vegan option, where you could swap out some of the liquid for your herbal tincture liquid. I haven't tried this but imagine it would also work well.

Herbal Chocolates

Herbal chocolates are a delicious 'form of transport' for children who aren't able to swallow capsules (where the capsules hold herbs in powder form).

Method:

- 1) Melt good quality dark chocolate (or your chocolate of choice) using the double boiler method (a few inches of water simmering in the bottom of a pot, with a heatproof bowl of broken chocolate sitting on top of the pot). Stir until completely melted. Or, if you have a thermomix, grate chocolate 8 seconds speed 10, then scrape down sides and melt 3 minutes, 50 degrees, speed 2.
- 2) Scoop 1 heaped teaspoon into a small container, then break open your herbal capsule allowing the powder to fall on your chocolate. We have been able to successfully put 2-3 capsules in each 'dose' of chocolate (this may vary depending on how strong the taste of your herbs are).
- 3) Scape out your herbal chocolate mix and scoop the dose into an appropriate sized silicone mould.
- 4) Repeat until all chocolate is used and allow to set in the fridge.
- 5) Pop out of moulds and store covered in the fridge.