

# DIY Medicinal Gummy Making

## for Cold and Flu

### Part 1. Medicinal Elderberry, Hawthorne and Orange Peel

#### Ingredients:

raw honey  
elderberry  
hawthorne  
orange peel  
ginger  
clove  
cinnamon

#### solvent:

filtered water , 10 flu oz  
raw honey , 4 flu oz

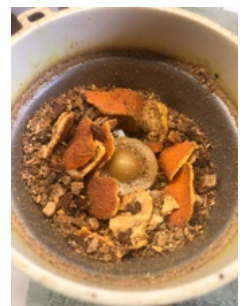


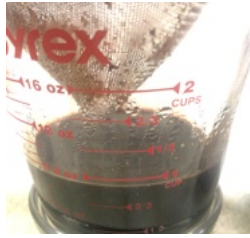
#### utensil:

measuring cup  
glass kettle or stainless steel  
measuring spoon  
coffee grinder  
grinder brush  
spatula

#### Procedure:

1. grind orange peel, ginger, cloves, and cinnamon. medium coarse . Hint: don't hold down the button more than 30 seconds, It will burn out fast. Instead, pulse for 10 seconds, and pause for a few seconds.
2. Pour in 10 flu oz of filtered water into the glass kettle, add other ingredients together. Hint: Hawthorne and Elderberry are hard and have to be softened by water and the constituents will dissolve into it. Decoction is the best method to handle these two berries.
3. set the kettle on the stove top in boiling temperature. Once it is whistling , then turn down to simmer (150F to 165 F) . Goal: to decoct more than one hour and the resulting liquor should ideally be about 6 oz to 8 oz.





4. After one hour of simmering, strain the decocted liquor into a measuring cup. Its yield should be 6 flu oz to 8 flu oz .
5. Insert a temperature thermometer to monitor the liquid down to 95F to keep the property of raw honey.

**Hint:** Honey temperature above 95F destroys enzymes. Honey temp above 98F loses 200 components and Honey temperature. above 104F crystallize faster and becomes glue-like. Much imported honey are not pure and most of time they are just syrup with other sweeteners. If you intend to make a good medicine, make friends with a bee keeper to get local honey.

## Part II : Time to make Gummy

### Procedures

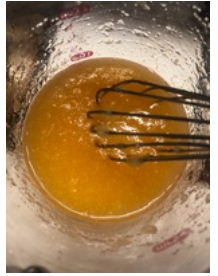
1. High vitamin C fresh juice  
ingredients : 2 huge lemons and 4 mandarins  
filtered water  
  
utensils: hand juicer  
pairing knife  
measuring cup
2. yield of juice: 10 oz .  
if not enough for 10 oz and you don't want it to be too acidic, than just add filtered water.
3. move to gummy path .

ingredients:

- gelatin 1 box of 4 packets = 4 tbsp
- 10 oz of juice ( half for warming on the stove and half for blooming gelatin)
- 6 oz of elderberry & Hawthorne syrup
- 2 oz of raw honey



4. take 5 oz of juice to a small pan and start simmering. Pour gelatin powder to the rest of the juice in the measuring cup and whisk hard until it blends well. Then mix it together with this warm juice on the stove up till thoroughly. Take off heat and let it cool.



5. strain the liquid again to remove all pulp.



6. monitor the temperature. When it reaches 120F add 6 oz of elder syrup. Keep monitoring the temperature till it reaches 95F. Add 2 oz of raw honey.. When honey with water mixtures , it turns to not pure but you want it will have less break down the property of raw honey as little as possible.



7. pour lukewarm liquid in molds and store in fridge for overnight.



8. next day, take them out of molds and dust them with cacao powder to prevent sticking.

9. store them in an air-tight mason jar.



