



Nalla Recipe Card



Title: Gut-Supportive Bone Broth & Turmeric Gelatin Squares

Cook Time: 5 minutes | **Servings:** varies

Ingredients:

- [] 2 cups (480 ml) unsalted bone broth, no onion or garlic
- [] 1/4 cup (28 g) unflavored gelatin powder
- [] 1 teaspoon (2 g) ground turmeric
- [] 1/8 teaspoon (0.3 g) ground black pepper

Directions:

1. Gently warm 1 1/2 cups (360 ml) of the bone broth in a saucepan over low heat until warm, not boiling.
2. In a separate small bowl, sprinkle the unflavored gelatin powder over the remaining 1/2 cup (120 ml) of cool bone broth and let it "bloom" for 5 minutes.
3. Add the bloomed gelatin mixture to the warm broth in the saucepan, stirring continuously until the gelatin is fully dissolved and no lumps remain.
4. Remove the saucepan from heat and stir in the ground turmeric and ground black pepper until well combined.
5. Carefully pour the mixture into an 8x8 inch (20x20 cm) square pan or silicone molds.
6. Refrigerate for at least 3-4 hours, or until the gelatin is completely set and