

I QUIT SUGAR

with Sarah Wilson

THE MINI BOOK OF GUT LOVIN' GUMMIES

15

DELICIOUS
RECIPES
INSIDE



- GUT-HEALIN' FIXES
- SLEEPY TIME TREATS
- POST-WORKOUT SNACKS
- GUMMIES FOR KIDS

INTRODUCTION

Welcome to our Gelatin Cookbook.

That's me and Megs, the I Quit Sugar recipe developer. We've put together this collection of simple gelatin recipes because, well, we're kind of obsessed with the stuff and thought you might like to try the best of our tasty creations. Indeed, all the recipes here were spawned from a "Gelatin Cook-Off", where the entire team competed to make the best gummies. Why? Let's backtrack.

About a year ago I stumbled upon gelatin powder in my relentless quest to heal my gut. I tested it, found it did amazing stuff for my digestion issues and dug deeper.



Gelatin is a pure natural collagen made from beef bones and connective tissue, and it's the most nutritious stuff around for the gut. It can be used to make jelly, fruit gummies, panna cotta and a stack of kid-friendly snacks.

- **Gelatin is super-high in protein.** It contains 18 amino acids, many of which are "essential", meaning they must be acquired as part of our diet.
- **It helps heal the gut lining** by enhancing gastric acid secretion and restoring a healthy mucosal lining in the stomach.
- **It's aids autoimmune disease** as it contains anti-inflammatory amino acids, glycine and proline.
- **It benefits digestion** by enhancing the absorption of nutrients and reducing over-acidity.
- **It's great for weight loss.** It fills you up and boosts metabolism.
- **It's a boon for insomnia,** and can help improve sleep quality.
- **It helps build lean muscle** as it contains collagen, which is found in skin, bones, tendons, ligaments and muscle tissues, all crucial to the body's structure and musculature.

I then created my own [Gut Lovin' Gelatin powder](#). You can read more about why I did so [here](#). We've used this powder to develop the gummy recipes throughout the book. Most are five ingredients or less. They are all super simple to make, start to finish. And you can make them with one saucepan and one container only. Perfectly *Simplicious!*

Every recipe has the seal of approval from one of the IQS team. Now, time to get in the kitchen and find your favourite. Don't forget to share on your social channels, using #IQSGelatin!

Much gut-lovin' and nutrient-dense health to you.

Sarah, Megs + the I Quit Sugar Team xx

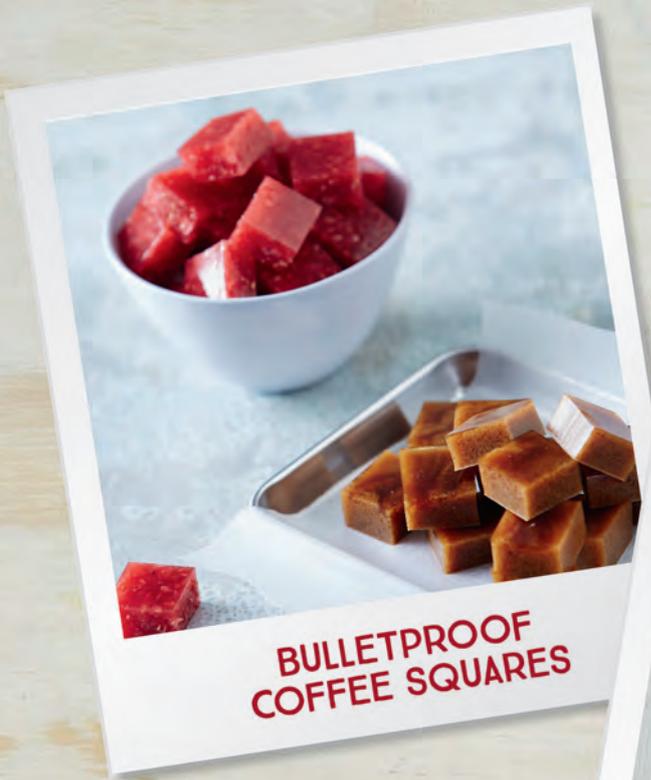
.....

CONTENTS

HOW TO BLOOM YOUR GELATIN	5
RASPBERRY LEMONADE JELLIES	6
SOUR KIWIFRUIT IMMUNITY BOOSTERS	8
BULLETPROOF COFFEE SQUARES	10
COCONUT “MARSHMALLOWS”	12
GREEN SMOOTHIE DETOX JELLIES	14
STRAWBERRY DELIGHT	16
LEMON MERINGUE POPS	18
PROBIOTIC BERRIES ‘N’ CREAM CHEWS	19
GOLDEN MYLK SLEEPY TIME CHEWS	20
CINNAMON DONUT BOMBS	22
NEAPOLITAN DELIGHTFULS	24
RETRO PEACHES ‘N’ CREAM	26
SUPERCHARGED PEANUT BUTTER FUDGE	28
SNICKERS SLICE	30
DAINTY RHUBARB SLICE	32
THANK YOU	34

- GF GLUTEN-FREE** Recipes that don't contain gluten.
- DF DAIRY-FREE** Recipes that don't contain dairy products.
- 8WP 8 WEEK PROGRAM** Recipes that can be eaten freely while on the 8-Week Program. These recipes are free of artificial sweetener and fruit.
- SF SUGAR-FREE** Recipes that don't contain added fructose, but might contain fruit or a little rice malt syrup.
- P PALEO** Recipes that are grain, dairy, sugar and legume-free.
- KF KID-FRIENDLY** Recipes free of nuts that would be suitable to serve to children or add to lunch boxes.

.....



**BULLETPROOF
COFFEE SQUARES**



GREEN SMOOTHIE DETOX



NEAPOLITAN DELIGHTFULS

..... HOW TO BLOOM YOUR GELATIN



MEASURE OUT 3½ TABLESPOONS OF GUT-LOVIN' GELATIN POWDER.

.....



ADD IN 1 CUP COLD WATER.

.....



STIR QUICKLY FOR 30 SECONDS.

.....



ALLOW TO SIT FOR 5 MINUTES UNTIL IT BECOMES GEL-LIKE. DONE!

.....

..... RASPBERRY LEMONADE JELLIES



👤 15 servings | ⌚ 10m prep | ⌚ 10m cook | ⌚ 1h set

INGREDIENTS

- 3½ tablespoons [Gut Lovin' Gelatin powder](#)
- 1½ cup raspberries, fresh or frozen
- 1 lemon, juice and zest

METHOD

1. Dissolve the gelatin in ⅓ cup of cold water and let it sit for 5 minutes until it has become gel-like.
2. Heat the raspberries and lemon juice in a saucepan until almost boiling.
3. Remove from the heat and blitz with a stick blender until smooth. Then stir in the gelatin until it has dissolved.
4. Pour into a 10x15cm glass or plastic container. Refrigerate for 1 hour, then cut into squares.

Store in the fridge in an airtight container for up to a week.

.....
These are fabulous little gummies. Raspberries are one of my favourite fruits, so this combo was always going to be a winner for me.”

~ Jo, EA and manager to Sarah Wilson

.....



RASPBERRY LEMONADE JELLIES
(WITH BULLETPROOF COFFEE SQUARES - PG 10)

... SOUR KIWIFRUIT IMMUNITY BOOSTERS ...



👤 15 servings | ⌚ 10m prep | ⌚ 10m cook | ⌚ 1h set

INGREDIENTS

- 3½ tablespoons [Gut Lovin' Gelatin powder](#)
- ½ cup lemon juice
- 1 tablespoon of I Quit Sugar Rice Malt Syrup (optional)
- 4 ripe kiwifruits, peeled and chopped
- 1½ tablespoons vitamin C powder (optional)

METHOD

1. Dissolve the gelatin in ⅓ cup of cold water and let it sit for 5 minutes until it has become gel-like.
2. Heat the lemon juice, sweetener and kiwifruit in a saucepan until the fruit has softened.
3. Remove from the heat, puree using a stick blender and stir in the gelatin until it has dissolved. Add in the vitamin C powder if using, and stir through.
4. Pour into a 10x15cm glass or plastic container. Refrigerate for 1 hour, then cut into squares.

Store in the fridge in an airtight container for up to a week.

.....

“It’s green and the sour flavour makes it a little bit ‘mean’, which I love as a snack. It hits a spot you don’t tend to get a lot throughout the day. Plus it gives a great hit of vitamin C, bonus!”

~ Emily, In-house nutritionist and customer service team lead

.....



SOUR KIWIFRUIT IMMUNITY BOOSTERS

..... BULLETPROOF COFFEE SQUARES



👤 15 servings | ⌚ 10m prep | ⌚ 10m cook | ⌚ 1h set

INGREDIENTS

- 3½ tablespoons [Gut Lovin' Gelatin powder](#)
- ½ cup almond milk
- ½ cup brewed black coffee
- ¼ teaspoon vanilla extract

METHOD

1. Dissolve the gelatin in ⅓ cup of cold water and let it sit for 5 minutes until it has become gel-like.
2. Heat the almond milk, coffee and vanilla in a saucepan until almost boiling.
3. Remove from the heat and stir in the gelatin until it has dissolved.
4. Pour into a 10x15cm glass or plastic container. Refrigerate for 1 hour, then cut into squares.

Store in the fridge in an airtight container for up to a week.

.....

“There is no denying I like a kick of caffeine in the morning to get going and these gummies do just the job. See ya’ later latte, helloooo Bulletproof Coffee Squares!”

~ Zoe, CEO

.....



BULLETPROOF COFFEE SQUARES

..... COCONUT “MARSHMALLOWS”



👤 15 servings | ⌚ 10m prep | ⌚ 10m cook | ⌚ 1h set

INGREDIENTS

- 3½ tablespoons [Gut Lovin' Gelatin powder](#)
- 270ml can coconut milk
- ½ cup cream
- ½ teaspoon vanilla extract
- 1 pinch sea salt

METHOD

1. Dissolve the gelatin in ⅓ cup of cold water and let it sit for 5 minutes until it has become gel-like.
2. Heat the coconut milk, cream, vanilla and sea salt in a saucepan until almost boiling.
3. Remove from the heat and stir in the gelatin until it has dissolved.
4. Pour into a 10x15cm glass or plastic container. Refrigerate for 1 hour, then cut into squares.

Store in the fridge in an airtight container for up to a week.

.....
“Without being ‘mallowdramatic’, these may be the best marshies you will ever try. Coconut milk, cream and vanilla make them as tasty as the originals, but the gelatin means they’re much ‘s’more’ healthy.”

~ Mai, Writer

.....



COCONUT "MARSHMALLOWS"

... GREEN SMOOTHIE DETOX JELLIES ...



👤 15 servings | ⌚ 10m prep | ⌚ 10m cook | ⌚ 1h set

INGREDIENTS

- 3½ tablespoons [Gut Lovin' Gelatin powder](#)
- 1½ cups green smoothie of your choice
- ½ teaspoon green powder, such as spirulina

METHOD

1. Dissolve the gelatin in ⅓ cup of cold water and let it sit for 5 minutes until it has become gel-like.
2. Heat the green smoothie in a saucepan until warm.
3. Remove from the heat and stir in the gelatin and green powder until it has dissolved.
4. Pour into a 10x15 cm glass or plastic container. Refrigerate for 1 hour, then cut into squares.

Store in the fridge in an airtight container for up to a week.

Note: Need some green smoothie inspo? We've got a whole bunch of recipes in our [I Quit Sugar: Clean 'n' Green Smoothie eBook](#).

.....
“There’s always that last tiny bit of green smoothie you’re too full to drink. These waste-friendly gummies take care of that problem (and make a great afternoon snack).”

~ Rachel, Writer

.....



GREEN SMOOTHIE DETOX JELLIES

..... STRAWBERRY DELIGHT



👤 15 servings | ⌚ 10m prep | ⌚ 10m cook | ⌚ 1h set

INGREDIENTS

- 3½ tablespoons [Gut Lovin' Gelatin powder](#)
- 1 cup strawberries, roughly chopped
- 1 teaspoon rosewater

METHOD

1. Dissolve the gelatin in ⅓ cup of cold water and let it sit for 5 minutes until it has become gel-like.
2. Heat the strawberries and rosewater in a saucepan until the fruit has softened.
3. Remove from the heat, puree using a stick blender and stir in the gelatin until it has dissolved.
4. Pour into a 10x15cm glass or plastic container. Refrigerate for 1 hour, then cut into squares.

Store in the fridge in an airtight container for up to a week.

.....

“These gummies are just too pretty to resist.

Tasting like a modern twist on the classic Turkish Delight, they’re the perfect top-tier treat for a posh high tea or just a 3pm treat any day of the week (without the sugar crash, of course. BONUS!).”

~ Meagan, Operations manager

.....



STRAWBERRY DELIGHT

..... LEMON MERINGUE POPS



👤 15 servings | ⌚ 10m prep | ⌚ 10m cook | ⌚ 1h set

INGREDIENTS

- 3½ tablespoons [Gut Lovin' Gelatin powder](#)
- 400ml coconut milk
- 2 small lemons, zest and juice
- 1 tablespoon I Quit Sugar Rice Malt Syrup
- 1 teaspoon vanilla extract

METHOD

1. Dissolve the gelatin in ⅓ cup of cold water and let it sit for 5 minutes until it has become gel-like.
2. Heat the coconut milk, lemon juice and zest, rice malt syrup and vanilla in a saucepan until almost boiling.
3. Remove from the heat and stir in the gelatin until it has dissolved.
4. Pour into a 10x15cm glass or plastic container. Refrigerate for 1 hour, then cut into squares.

Store in the fridge in an airtight container for up to a week.

.....
“Creamy and zesty,
with a hint of sweetness,
I made this slice taste
exactly the same as a slice
of lemon meringue pie but
much more filling, and good
for your guts. Afternoon
tea, anyone?”

~ Kate, Programs manager

.....

... PROBIOTIC BERRIES 'N' CREAM CHEWS ...



👤 15 servings | ⌚ 10m prep | ⌚ 10m cook | ⌚ 1h set

INGREDIENTS

- 3½ tablespoons [Gut Lovin' Gelatin powder](#)
- ½ cup frozen blueberries
- ½ cup coconut cream
- 3 probiotic capsules, carefully opened up and contents reserved (optional)

METHOD

1. Dissolve the gelatin in ⅓ cup of cold water and let it sit for 5 minutes until it has become gel-like.
2. Heat the berries and coconut cream in a saucepan until almost boiling.
3. Remove from the heat and stir in the gelatin until it has dissolved. Allow the mixture to cool a little, then stir through the contents of the probiotic capsules.
4. Pour into a 10x15cm glass or plastic container. Refrigerate for 1 hour, then cut into squares.

Store in the fridge in an airtight container for up to a week.

Note: Read up on [why we love probiotics](#).

.....
“These fruity chews combine gelatin and probiotics to create the ultimate gut-lovin’ superfood gummy. And with creamy coconut and sweet, juicy blueberries, they’re a hit with my kids, too!”

~ Andre, Chief technology officer

.....

... GOLDEN MYLK SLEEPY TIME CHEWS ...



👤 15 servings | ⌚ 10m prep | ⌚ 10m cook | ⌚ 1h set

INGREDIENTS

- 3½ tablespoons [Gut Lovin' Gelatin powder](#)
- 400ml coconut cream
- 1 teaspoon cinnamon, ground
- 2 teaspoons I Quit Sugar Rice Malt Syrup
- 1 teaspoon turmeric, ground
- 1 teaspoon vanilla extract
- 1 pinch sea salt

.....

“To help with my insomnia, I drink a cup of Golden Mylk – milk, turmeric and cinnamon – most nights after dinner. I often eat a gummy or two, too, because gelatin is some of the most tension-lulling stuff around. I said to the team, what if we combined the two? And so we did!”

~ Sarah Wilson

.....

METHOD

1. Dissolve the gelatin in ⅓ cup of cold water and let it sit for 5 minutes until it has become gel-like.
2. Heat the coconut cream, cinnamon, syrup, turmeric, vanilla and sea salt in a saucepan until almost boiling, whisking vigorously to disperse the spices.
3. Remove from the heat and stir in the gelatin until it has dissolved.
4. Pour into a 10x15cm glass or plastic container. Refrigerate for 1 hour, then cut into squares.

Store in the fridge in an airtight container for up to a week.

NOTE: We add turmeric into every recipe we can! [Find out more](#) about this super spice.



GOLDEN MYLK SLEEPY TIME CHEWS

..... CINNAMON DONUT BOMBS



👤 15 servings | ⌚ 10m prep | ⌚ 10m cook | ⌚ 1h set

INGREDIENTS

- 3½ tablespoons [Gut Lovin' Gelatin powder](#)
- 400ml coconut cream
- 1 teaspoon cinnamon, ground
- 2 tablespoons I Quit Sugar Rice Malt Syrup
- ½ teaspoon vanilla extract
- ¼ teaspoon sea salt

METHOD

1. Dissolve the gelatin in ⅓ cup of cold water and let it sit for 5 minutes until it has become gel-like.
2. Heat the coconut cream, cinnamon, rice malt syrup, vanilla and sea salt in a saucepan until almost boiling, whisking vigorously to disperse the spices.
3. Remove from the heat and stir in the gelatin until it has dissolved.
4. Pour into a 10x15cm glass or plastic container. Refrigerate for 1 hour, then cut into squares.

Store in the fridge in an airtight container for up to a week.

.....

“I accidentally created these cinnamon donut squares one night as an after dinner snack for my housemates. OMG, we died. They’re like a creamy, spiced donut but with no sugar and no stodgy after feeling. Life. Made.”

~ Meg, Recipe developer
and in-house nutritionist

.....



CINNAMON DONUT BOMBS

..... NEAPOLITAN DELIGHTFULS



👤 15 servings | ⌚ 10m prep | ⌚ 10m cook | ⌚ 1h set

INGREDIENTS

- 3½ tablespoons [Gut Lovin' Gelatin powder](#)

VANILLA LAYER

- 200ml full-fat milk
- ½ teaspoon vanilla extract

STRAWBERRY LAYER

- 125ml full-fat milk
- 100g strawberries, roughly chopped

CHOCOLATE LAYER

- 200ml full-fat milk
- 2 tablespoons raw cacao powder
- 1 tablespoon rice malt syrup

METHOD

1. Dissolve the gelatin in ⅓ cup of cold water and let it sit for 5 minutes until it has become gel-like. Separate into three roughly equal amounts.

2. To make the vanilla layer, heat the milk and vanilla in a saucepan until almost boiling.

Remove from the heat and stir through ⅓ of the bloomed gelatin. Pour into a 10x15cm glass or plastic container. Refrigerate for 20 minutes.

3. To make the strawberry layer, clean out the saucepan, place in the milk and strawberries, and heat until almost boiling. Remove from the heat and blend with a stick blender, then stir through another third of the bloomed gelatin until it has dissolved.

4. Once the vanilla layer is set enough (doesn't need to be completely hard), pour the strawberry layer on top. Refrigerate for another 20 minutes.

5. To make the chocolate layer, again, clean out the saucepan and place in the milk, cacao powder and rice malt syrup, and heat until almost boiled. Whisk to combine well. Remove from the heat and stir through the last of the gelatin until it has dissolved. Once the strawberry layer has set enough, pour over the chocolate mixture. Place back into the fridge to set for 30 minutes, then cut into squares.

Store in the fridge in an airtight container for up to a week.

.....
“Somehow I made these
‘legit’ taste like the real
deal neapolitan ice cream!
They’re milky, creamy
and the chocolate layer
is perfection.”

~ Matt, Programs coordinator

.....



..... RETRO PEACHES 'N' CREAM



👤 15 servings | ⌚ 10m prep | ⌚ 10m cook | ⌚ 1h set

INGREDIENTS

- 3½ tablespoons [Gut Lovin' Gelatin powder](#)
- ¼ cup coconut milk
- ⅓ cup cream
- 1 tablespoon I Quit Sugar Rice Malt Syrup
- ½ teaspoon vanilla extract
- 1 peach, cut into slices

METHOD

1. Dissolve the gelatin in ⅓ cup of cold water and let it sit for 5 minutes until it has become gel-like.
2. Heat the coconut milk, cream, rice malt syrup, vanilla and half of the peach in a saucepan until almost boiling.
3. Remove from the heat and blitz together using a stick blender. Then stir in the gelatin until it has dissolved.
4. Pour the mixture into a 10x15cm glass or plastic container and place into the freezer to set for 20 minutes. Remove, and fan the remaining peach slices on top using any pattern you like.
5. Refrigerate for a further 40 minutes, then cut into squares.

Store in the fridge in an airtight container for up to a week.

.....
“I seriously love the taste of these creamy jellies, which I made with fresh peaches! They have a nostalgic feel, especially when served on dainty, vintage plates.”

~ Hannah,
Recipe development assistant

.....



RETRO PEACHES 'N' CREAM

... SUPERCHARGED PEANUT BUTTER FUDGE ...



👤 15 servings | ⌚ 10m prep | ⌚ 10m cook | ⌚ 1h set

INGREDIENTS

- 3½ tablespoons [Gut Lovin' Gelatin powder](#)
- 1 cup almond milk
- 1 cup peanut butter, smooth, unsalted
- 2 tablespoons I Quit Sugar Rice Malt Syrup
- 1 pinch sea salt

METHOD

1. Dissolve the gelatin in ⅓ cup of cold water and let it sit for 5 minutes until it has become gel-like.
2. Heat the almond milk, peanut butter, rice malt syrup and sea salt in a saucepan until almost boiling.
3. Remove from the heat and stir in the gelatin until it has dissolved.
4. Pour into a 10x15cm glass or plastic container. Refrigerate for 1 hour, then cut into squares.

Store in the fridge in an airtight container for up to a week.

Note: Ensure your peanut butter is 100 per cent peanuts with no added sugar. If you're on the 8 Week Program (or just looking to remove all sweeteners) feel free to omit the rice malt syrup from this recipe – we've found it doesn't really need it.

.....
“I like protein, it's that simple. So I threw together our Gut Lovin' Gelatin (88 per cent protein, by the way) with my peanut butter obsession and the result is an energy-packed snack with a supercharged protein punch.”

~ Jorge, Head of acquisitions & customer marketing

.....



SUPERCHARGED PEANUT BUTTER FUDGE

..... SNICKERS SLICE



👤 15 servings | ⌚ 10m prep | ⌚ 20m cook | ⌚ 45m set

INGREDIENTS

SLICE

- 400ml can coconut milk
- 3½ tablespoons [Gut Lovin' Gelatin powder](#)
- ⅓ cup peanut butter, smooth, unsalted
- 1 pinch sea salt
- ⅓ cup peanuts, toasted, roughly chopped
- 100g 85–90% dark chocolate, melted and cooled slightly

CARAMEL SAUCE

- ¼ cup I Quit Sugar Rice Malt Syrup
- 50g butter, chopped
- ½ cup coconut cream

.....

“I’m constantly on a quest to make sugar-free versions of my old favourite chocolates.

Some experiments go better than others. This is one of the gems. Chocolate, peanuts and caramel. It’s seriously amazing and actually satisfying!”

~ Alyssa, Marketing executive

.....

METHOD

1. Dissolve the gelatin in ⅓ cup of cold water and let it sit for 5 minutes until it has become gel-like.
2. Heat the coconut milk, peanut butter and sea salt in a saucepan until almost boiling. Whisk together with a fork until there are no lumps. Remove from the heat and stir in the gelatin until dissolved. Pour into a 10x15cm glass container and place in the refrigerator while you make the caramel sauce.
3. To make the sauce, heat the rice malt syrup in a small pan on a medium to high heat (it should be bubbling vigorously) for about 10 minutes. Reduce heat to medium, add butter and stir quickly until combined. Remove from the heat and slowly add coconut cream, stirring until combined. Set it aside to cool slightly.
4. Take the glass container out of the fridge – the gelatin should be just starting to set. Evenly sprinkle the peanuts over the gelatin and pour over the caramel sauce. Use a spoon to gently ripple the caramel and peanuts into the gelatin. Place slice in the freezer for approximately 30 minutes.
5. Take the slice out of the freezer and drizzle on the melted chocolate to form a layer on top. Pop the slice in the freezer for just a few minutes to let the chocolate set (too long and the chocolate will be too hard to slice through) then cut into squares.

Store in the fridge in an airtight container for up to a week.



SNICKERS SLICE

..... DAINTY RHUBARB SLICE



👤 15 servings | ⌚ 10m prep | ⌚ 10m cook | ⌚ 1h set

INGREDIENTS

SLICE

- 3½ tablespoons [Gut Lovin' Gelatin powder](#)
- ½ lemon, juiced
- 100g rhubarb, chopped into 2cm chunks
- 2 teaspoons rice malt syrup
- 100g strawberries, hulled

TOPPING

- 1 tablespoon pepitas
- 1 tablespoon pistachios
- 1 tablespoon walnuts
- ½ teaspoon chia seeds

METHOD

1. Dissolve the gelatin in ⅓ cup of cold water and let it sit for 5 minutes until it has become gel-like.
2. Heat the lemon juice, rhubarb, rice malt syrup, strawberries and ¼ cup of water in a saucepan until almost boiling.
3. Remove from the heat, puree with a stick blender and stir in the gelatin until dissolved.
4. Pour into a 10x15cm glass or plastic container. Refrigerate for 10 minutes, then when it's half set, sprinkle the topping ingredients over the top. Place back into the fridge for 50 minutes, then cut into squares.

Store in the fridge in an airtight container for up to a week.

.....

“Soft and sweet with just a hint of tartness. Rhubarb Crumble, without the oven. These are my go-to gummies when my gut needs some lovin’!”

~ Lee, Social media manager

.....



DAINTY RHUBARB SLICE

THANK YOU

We're so excited about this mini book of gut-lovin' goodness. It was created with love by myself, Megan Yonson (IQS recipe developer and in-house nutritionist – she's most excited of all!), Hannah Fong (recipe developer assistant) and Lorna Hankin (head of content).

Huge thanks to Ella Martin for the delightful photography, Katie Graham and Gemma Lush for the awesome food styling and Vincent McCarthy and his team at Sunroom Creative for the beautiful, fresh new design.

And thanks, of course, to the whole IQS team for coming up with these scrummy gummy treats in the first place!

.....

SARAH'S I QUIT SUGAR GUT LOVIN' GELATIN IS:



- **100% NATURAL**
- **PRODUCED IN AUSTRALIA**
- **MADE WITH SUSTAINABLY PASTURE-RAISED COWS**
- **LACTOSE-FREE**
- **100% GELATIN**

BUY NOW