

## Picky Kids and Supplements

Ever think that it's a challenge just to get food into your kids, let alone supplements or medicines? Even the most laid back, tolerant kid will refuse things sometimes...here's a great way to combine treats with treatments in your own kitchen!

### Jello Shooter Recipe

- 1 package of unflavoured Knox Gelatine (in the jello or baking section of the grocery store)
- 1.5 cups of juice (a thicker or more flavourful juice is nice, like mango, pineapple, orange or apple cider)
- ice cube tray
- fruit chunks if you like
- medicine, ground up or in liquid form

Pour 1 pouch over 1/4 cup of water. Add 1/4 cup of boiling water and stir constantly until powder dissolves. Add juice and stir to combine.

Place remedy dose in each ice cube compartment, add fruit if you want and fill with juice/gelatin mixture. Place in fridge to set. Dose as needed for children and adults who like a little more variety in their supplement regime.

(I also have been known to hide a lot of things in a smoothie ) ☺