



Rising Lotus

Acupuncture Clinic

136 S. Wolcott St. ♦ Suite 8
Casper, WY 82601 ♦ Phone: 307-577-6333

www.RisingLotusClinic.com ♦ jlaird@RisingLotusClinic.com



Agar Jello

Use 1 tbs. of Agar powder per 1 cup of juice.

Dissolve the agar powder in the cold juice for a few minutes.

Cook the juice and agar powder together on medium heat in a saucepan for 5 minutes stirring constantly.

Add any fruit or pureed veggies (like butternut squash) at the end.

Set the jello for 5-10 minutes.

Enjoy

Why Agar?

Agar is a seaweed that acts as a thickener. It contains very high amounts of calcium (as much as 100mg per 1/4).

It is anti inflammatory in nature. Agar also is very cooling, so it is a beneficial food to consume during the hot months to prevent overheating.

And last, Agar is thought to promote weight loss. It does this because of its cool nature. You should not consume a lot of Agar if you have cold symptoms or loose stools or during the cold months.