



SEA MOSS GEL

Makes ~8–10 oz / 225–280 mL of gel

Ingredients

- 1/2 cup dried wildcrafted sea moss
- 2–3 cups filtered water for soaking
- 1 cup (240 ml) filtered water for blending (adjust based on texture)
- Optional: squeeze of lime or lemon juice (to neutralize ocean smell)
- Optional flavor add-ins (instead of lemon or lime juice):
 - 1–2 tsp pure maple syrup
 - 1/2–1 tsp Ceylon cinnamon powder



Instructions:

1. **Clean the Sea Moss.** Rinse the dried sea moss thoroughly with cool water to remove sand, salt, or debris. Repeat 2–3 times until the water runs clear.
2. **Soak.** Place the clean sea moss in a bowl and cover it with filtered water. Let it soak for 12–24 hours at room temperature. It will expand significantly. Optional: Add lime or lemon juice during soaking to reduce ocean smell.)
3. **Blend into Gel.** Drain and discard the soaking water. Add the soaked moss to a blender with 1 cup (240 ml) of fresh filtered water. Blend until smooth, adjusting the water for your desired gel consistency. Optional: Add maple syrup and cinnamon while blending for a naturally sweet and warming twist.
4. **Store.** Transfer to a clean glass jar with a lid. Store in the fridge for up to 3 weeks.



How to Use Sea Moss Gel

1. Take 1–2 tsp daily – straight off the spoon, or stirred into smoothies or warm (not hot!) drinks
2. Blends best with room temperature or warm (not boiling) liquids
3. Use daily for 3–4 weeks, then take a short break

Notes

1. Freeze extras in ice cube trays for longer storage
2. Start with 1 tsp/day to assess your body's response

Choosing Quality Sea Moss

- Choose wildcrafted, not pool-grown. Wildcrafted sea moss is harvested from the ocean and contains higher mineral content. Pool-grown moss is often nutrient-poor and may be chemically treated.
- Look for natural color variation (gold, green, or purple). Avoid bright white or bleached-looking moss.
- Buy from trusted sources that share their harvesting origin (e.g., St. Lucia, Grenada, Jamaica) and test for heavy metals.
- High-quality sea moss is sun-dried without added salt or chemicals. It should feel dry and crisp, not moist or overly salty.