Tailored TASTE™ RECIPE CLUB

Hibiscus Orange Beauty Gel

A collagen-rich gelatin infused with hibiscus tea and orange zest for vitamin C synergy and antioxidant protection.

Healthy, radiant skin begins within — and this refreshing, ruby-red gel delivers beauty nutrients your body can actually use. Hibiscus tea is rich in anthocyanins, compounds shown to help reduce oxidative stress and support collagen stability [1]. Paired with vitamin C from fresh orange, this combination enhances collagen synthesis and skin elasticity [2].

Meanwhile, grass-fed gelatin provides glycine and proline — the very amino acids that form your body's collagen matrix for firm skin, glossy hair, and resilient joints [3].

Ingredients

- 2 cups brewed **hibiscus tea**, cooled
- 1 cup **fresh-squeezed orange juice**
- 1 Tbsp **grated orange zest** (organic if possible)
- 3 Tbsp **grass-fed gelatin powder**
- 1 ½ Tbsp **raw honey** or **keto sweetener*** of choice
- ½ tsp **pure vanilla extract** (optional)
- Pinch **sea salt**

Servings:
4

Prep Time:
10 minutes

Total Time:
3 hours
(includes chilling)

Instructions

1. **Bloom the gelatin:** In a small bowl, sprinkle gelatin over ½ cup of the cooled hibiscus tea. Let it sit 5 minutes to bloom.
2. **Heat the base:** In a small saucepan, gently warm the remaining tea with honey and salt over low heat until just steamy. Remove from heat.
3. **Combine:** Whisk the bloomed gelatin into the warm mixture until fully dissolved.
4. **Add flavor & nutrients:** Stir in orange juice, zest, and vanilla.
5. **Set:** Pour into glass jars or silicone molds. Refrigerate at least 3 hours, or until firm.
6. **Serve:** Cut into cubes or unmold, garnish with a twist of orange peel, and enjoy chilled.

Nutrition Information

Calories 60 | Protein 8 g | Carbs 7 g | Sugar 6* g

Vitamin C > 50% DV | 2 g glycine

Protein: 30% | Fat: 0%| Net Carbs: 70%

**0 if using allulose or erythritol*

References

[1] Anthocyanins act as natural inhibitors of collagen-degrading enzymes — *J Agric Food Chem.* 2010.

[2] Vitamin C is essential for the hydroxylation of proline and lysine in collagen formation — *Am J Clin Nutr.* 2017.

[3] Oral collagen peptides improve skin hydration and elasticity — *J Med Nutr Nutraceut.* 2019.