

Sea Moss contains 92 out of 102 minerals that are found in our bodies. Chondrus crispus, commonly called Irish moss, Sea moss or carrageen moss is a nutritious healing sea vegetable. It is a powerful anti-inflammatory, useful in treating arthritis, gout and more. Promotes healthy digestion; Aids in weight loss via increased metabolism; Reduces risk of coronary disease; Slows signs of aging. It is a natural and healthy whole food source of carrageenan, also used as a thickening or emulsifying agent in food products.

Nutrition Facts

Serving Size 2 tbsp 1/8 cup 10g (10 g)

Amount Per Serving

Calories 5 Calories from Fat 0

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	1%
Sugars 0g	

Protein 0g

Vitamin A	0%	Vitamin C	1%
Calcium	1%	Iron	5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

www.NutritionData.com

Moss Gel & Sea moss drink recipe DIRECTIONS

Wash thoroughly, rinse and then soak the Sea Moss in spring water & lime for 8 hrs or (overnight). At this point you can just blend or use in stir fry or salads. To make the gel fill a pot with two quarts of fresh spring water or use same. Add the Sea moss and two cinnamon sticks, then simmer on low heat for 10min until softened. Allow to cool then blend into a gel. Add to fruit smoothies and as an food thicken alternative to gelatin.

For Caribbean Sea moss drink, add 2-3 tablespoons of the gel in a blender with nutmeg, cinnamon, milk (or Plant based alternative) add honey or other sweetener. Blend high speed for two minutes and serve with ice. Why not add a shot of rum to taste.



Produce of the Caribbean
Genni Oils Ltd, London SW10 0ST
WWW.GENNI.CO.UK
Packaged in the UK

50g

Batch: 08/21

BBD: 31/03/2025

