

## Premade Knox Pucks

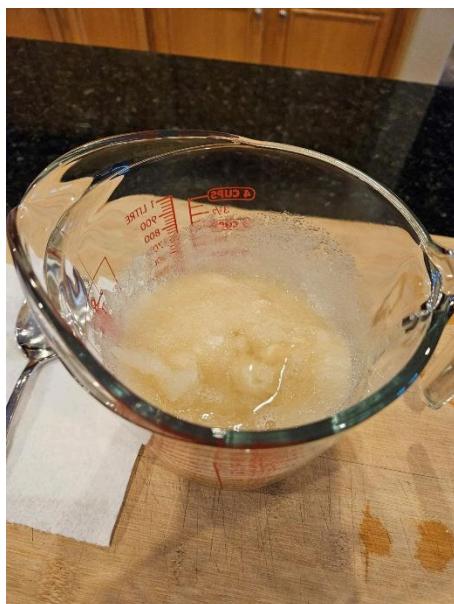
Small: 1/3 cup Knox to 1/2 cup cold water (good for one swimmer)

Medium: 2/3 cup Knox to 1 cup cold water (make 3 of these for a full team, maybe 4 for retouches)

Large: 1 cup Knox to 1.5 cup cold water (make 2 for a full small crockpot)

I make this in a large (4 cup) measuring cup. Something so I can see the Knox.

### Directions:



Stir Knox and cold water to combine. This is what it will look like. Stir quickly because it will start to turn solid.



Let it sit 10 minutes to bloom.

This picture is after 10 minutes. It will be solid.

Depending on the amount you made:

Small: Microwave 1-2 minutes, then let sit and cool for 10 minutes.

Medium: Microwave at least 2 minutes, then let sit and cool for 10 minutes.

Large: Microwave at least 2 minutes, let sit, then microwave again another 1-2 minutes. Again, look at the bottom- is the Knox that golden color and clear? You are good. If it's cloudy, microwave again. Let cool for 10 minutes.

After microwaving, the bottom should be clear, not cloudy. If it's cloudy, microwave more like 20-30 second increments.

Watch the Knox, it can get very hot and bubble over. You can let it cool a bit and then microwave again to prevent overflowing.

Large size at 2min. Very cloudy, no clear at the bottom.	Large size at 3min. Take a 30-45second break. You can just start to see the gold, clear at the bottom.	Large size at 4min total cook time. Nice gold, clear layer at the bottom.
		

There will be foam on the top. Let it rest/cool for 10 minutes. Skim the foam off with a spoon after the 10 minute rest.



This is after a 10 minute rest. The Knox is clear with a layer of foam on the top.

After skimming off foam, you can add essential oils. Orange works really well. Add about 15-20 drops (for the large) and stir!



Orange oil from Sprouts



After removing foam.

Pour into container then in the fridge to solidify or use immediately. Make sure the container is small enough that the solid puck will fit in the crockpot. I use silicone ice cube trays. They don't hold the smell and it's easy to get the Knox out.



Can make pucks in advance and freeze!

Put pucks in crockpot, should heat through in 30-45 minutes for half a crock or full, 15 minutes for less.