



# Gummy Bears/Gummy Worms

## Ingredients:

- 2 tbsp. water
- 1 tbsp. gelatin
- Flavoring of your choice. Examples:
  - o Diet Right Jello Mix
  - o Diet Right drink mix
  - o Strong brewed tea

## Directions:

1. In a small bowl, combine all ingredients.
2. Let set for a few minutes, then add 2 tbsp. of almost boiling water to the mix to dissolve.
3. Using a dropper, fill your gummy molds with your mix.
4. Refrigerate until set.