

Gummy Bears

Gelatins are not just for dessert. Here is a fun recipe to turn them into one of my favorite candies, Gummy Bears!

You can get the molds at craft stores or from online vendors to make all kinds of fun shapes.

Best of all, these are protein filled and sugar-free!



You will need: 1/3 Cup Water
 1 Envelope Gelatin (Raspberry or Strawberry
 Banana) 2 Envelopes Unflavored Gelatin

1. Mix the ingredients in a saucepan and let them sit so the gelatin can do its thing for about 5 minutes.
2. Heat over low to medium heat while stirring until gelatin is completely dissolved.
3. Transfer mixture to molds.
4. Refrigerate until set (Use self-control and give it a few hours).
5. Pop them from the molds and enjoy. If they don't pop out easily give them some more chill time.
6. Store in the refrigerator and enjoy for a week (If they last that long).