



Homemade Gummies

INTRODUCTION: These basic homemade gummies are simple to prepare, support gut health, provide collagen to reduce inflammation, and are delicious!

INGREDIENTS

- 2 cups juice
- 3 tbsp plain gelatin
- 2 tbsp honey

directions

1. Pour juice into a pot and evenly sprinkle the gelatin on top. Let it sit until it blooms (absorbs into the juice)
2. Heat over medium, whisking occasionally, until the gelatin dissolves and the liquid is steaming, not boiling
3. Remove from heat and stir in honey
4. Pour into molds or glass dishes and refrigerate for a few hours to set.

These gummies make a great snack for kids and adults alike. They're easy to customize with your favorite juice flavors and you can experiment with adding herbs or spices for extra wellness benefits.

notes

Tip: adjust the gelatin for firmer or softer gummies.

THANK YOU, Candle, for sharing this recipe!

