



Gummy Bears

Mix the lemon juice with the gelatin in a pot and whisk to dissolve the gelatin. It will look pasty.

Put the pot on the stove at high heat and keep mixing. The mix will get watery. Before it starts to boil, turn the heat to low and make sure the gelatin is well dissolved.

Ingredients

- 2/3 Cup of Lemon Juice
- 2/3 C of Honey
- 6 Tbsps. of Gelatin powder (or 4 pouches of Knox unflavored gelatin)....
- ½ tsp Turmeric powder (optional)



I LOVE gummy bears. But I stopped eating them a while ago, because of the damaging ingredients that the commercial versions contain, among others, artificial colors, artificial flavors and preservatives....

Until.... I started making them at home. My kids love them and are always asking if we have more. They are so easy to make, that your kids can make them by themselves, and have fun filling the molds and taking them off the molds when they are done.

Here is how to make these gummies:



GUMMY BEARS

Add the turmeric and mix well. Then turn off the heat and add the honey. Mix well.



Pour the mix into silicone molds with a spoon or a glass dropper (avoid using plastic). I love using gummy bear or bite size silicon molds with a rectangular shape.



Refrigerate until set, then take them off the mold and store them in a glass container with a lid. (Don't leave them uncovered to avoid them getting dry).



***Note: I usually do not recommend warming honey to avoid damaging its wonderful benefits, however, this recipe is a much healthier version of gummies than the ones you can purchase on any store.