

Yummy Gummies

homemade gummy bears

ingredients

3 ounces flavored gelatin

1 (1/4-ounce) envelope unflavored gelatin

1/3 cup cold water

Optional: 1/4 to 1/2 teaspoon citric acid for sour gummies
(not included in kit)

1. Spray a paper towel with nonstick cooking spray, then rub it lightly around the bear cavities in the mold to coat them with a thin layer of oil. Substitutes for cooking spray include butter, olive oil, vegetable oil, etc.

2. In a small bowl, combine both gelatins and the cold water.

3. Whisk them together, then let them sit at room temperature for 10 minutes to allow the gelatin to soak up the water and soften.

4. Place the bowl in the microwave and cook for 30 seconds, then whisk well. Microwave for another 30 seconds and stir. The sugar should be dissolved and the mixture clear and well-mixed. If not, microwave for another 10 to 15 seconds until the sugar and gelatin is completely dissolved. Pour it into a measuring cup with a spout.

5. Pour (or use the eye droppers) the gelatin into the cavities of the gummy bear mold.

6. Place the candy mold in the refrigerator for about 20 minutes to set the gelatin.

7. To remove the bears, carefully push from the back side of the mold to lift the bears out.

8. Serve and enjoy!