

HEALTHY HOMEMADE Gummy Bears

YOU WILL NEED

- 1 Cup Juice of Choice
- 2 Tablespoons Honey
- 1/4 Cup Gelatin

PROCEDURE

Bring the juice and honey to a light simmer in your saucepan. Remove from the heat, and pour the gelatin in slowly, while whisking quickly.

Use a dropper to fill the gummy bear molds with the liquid mixture.

Put the molds into the refrigerator, or freezer, for about 30 minutes, or until firm.

Pop them out, and enjoy!

OPTIONAL ADD INS

- 4 teaspoons Elderberry Crystals
- 2 teaspoons Camu Powder
- 3 teaspoons Acai



IMMUNE BOOST

For immune boosting gummies add 2 tsp. camu powder and 4 tsp. elderberry crystals.

STAY HEALTHY!