

GUMMY BEARS



DIRECTIONS

- In a small bowl, weigh both of the gelatin powders using a gram scale.
- Whisk the hot water with the gelatin powders.
- Allow to sit for one minute to dissolve.
- Whisk well to completely dissolve the gelatin powders.
- Pour the gelatin mixture into silicone molds.
- Place in the refrigerator for one hour.
- Gently remove the gummy bears from the silicone mold and serve chilled.

	Ingredients	Exchanges
Protein	1.6g Knox® unflavored gelatin powder	0.5
	1.6g Jell-O® sugar-free gelatin powder, any flavor	0.5
Other	1 Tablespoon hot water	

Recipe developed by Chef Paige Vondran

NOTES

- When adjusting to your child’s personal meal plan, use equal parts of the two gelatin powders (unflavored gelatin and flavored gelatin).
- This recipe yields approximately 15 gummy bears.
- If you’d like to incorporate fat into this recipe, butter or coconut oil may be added up to three times the amount of protein exchanges. For example, if 1 protein exchange is used for the gelatins, then a maximum of 3 fat exchanges can be used in the recipe. Melt the fat in a separate bowl, then combine everything together. Adding fat will create a firmer, less gummy texture.