



WINE GUMMY FORMULA

Makes: 100
gummies (approx.
4 g each)

Cook Time:
20 mins

Setting Time:
>3 hour

Curing Time:
8-72 hours

INGREDIENTS

Step 1 - Base

- 3/4 Cup + 2 Tbsp (213g) | Wine
- 5 2/3 Tbsp (85g) | Sugar
- 1 Tbsp (21g) | 250 Bloom Gummy Maker's Gummy Gelatin
- 4 Tbsp (85g) | Corn syrup

Step 2 - Color, Flavor, Acid

- 1/2 tsp. (2.5g) | Citric Acid (make into solution with 1/2 tsp. water) or lemon juice
- Optional: Flavour to taste
- Optional: few drops of food color

PROCEDURE

00

Lay gummy molds on sheet pan then spray molds with cooking spray. Store in refrigerator.

01

In a heat-safe bowl, mix together cold wine and sugar. Slowly sprinkle gelatin into the mixture and stir. Ensure there is no dry powder left.

02

Place bowl over a water-filled pot and place on med-high heat. Using a spatula, gently stir mixture until gelatin has melted (check back of spatula to see if there are any grains). Do not boil mixture.

03

Add corn syrup, citric acid/lemon juice, flavor and color. Mix well.

04

While still hot, pour into lightly greased molds & refrigerate until set (>3 hours).

05

Demold and toss gummies in a little coconut oil, sugar, or sour sand to prevent sticking. Lay gummies on plate and store in cool, dry place. Cure for 24-72 hours.

PRO TIP

- This recipe is great for left-over wine! We recommend using: rose, prosecco, malbec.
- Before curing the gummies, record the weight of 20 pieces and set them apart. You'll know the gummies have fully cured once the weight of the 20 pieces have reduced by 10%

For more Gummy Maker's recipes, please visit: <https://gummynutritionlab.com/gummy-makers>