

INGREDIENTS

Step 1 - Hydrate Gelatin

- 2 tablespoons | Gummy Maker's 250 bloom gelatin
- 1/4 cup | Cold broth (bone, chicken, beef)

Step 2 - Base

- 1/2 cup | Broth (bone, chicken, beef)
- 2 tablespoons | Mashed sweet potatoes*
- Optional: toppings (bacon bits, parsley, nutritional yeast)

PROCEDURE

- Lay gummy molds on sheet pan then spray molds with cooking spray. Sprinkle optional toppings onto molds. Store in refrigerator.
- Hydrate gelatin by sprinkling 2 tablespoons of gelatin in 1/4 cup of cold broth and gently stirring. Ensure there is no dry powder left.
- Mix base ingredients into pot over medium heat and bring to a boil. Once boiling, take off heat.
- Add gelatin mixture into pot and gently stir with spatula until gelatin is fully dissolved (check back of spatula to see if there are any grains).
- While still hot, pour into lightly greased molds & refrigerate until set (>3 hours).
- Demold and toss gummies in a little coconut oil to prevent sticking. Lay gummies on plate and store in cool, dry place. Cure for 24-72 hours.

PRO TIP

- *To make treat variations try adding grated carrot (squeeze out moisture), cooked & finely shredded chicken, fruit & vegetable powders.
- 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