



OMEGA 3 OIL GUMMY FORMULA

Makes: 105
gummies (approx.
3 g each)

Cook Time:
45 mins

Setting Time:
20 - 60 mins

Curing Time:
<24 hours

INGREDIENTS

Step 1 - Hydrate Gelatin

- 1 Tbsp (21g) | 250 Bloom Gummy Maker's Gummy Gelatin
- 2 Tbsp (42g) | cold water

Step 2 - Base

- 1/3 Cup + 2 tsp (127g) | 42 DE Corn Syrup
- 12 Tbsp. (118g) | Sugar
- 1/4 tsp (0.4g) | Lecithin Powder

Step 3 - Oil, Acid & Colour

- 2 1/2 tsp (10g) | Omega 3 oil*
(~100 mg of oil per 3 gram gummy)
- 1 tsp. (5g) | Citric Acid (make into solution with 1 tsp. water) or lemon juice
- Flavour to taste
- Few drops of food coloring

PRO TIP

- You can substitute the omega 3 oil with other oils you'd like to consume in a gummy form e.g. MCT oil
- To mask the strong smell of the oil, we recommend using strong flavors e.g. orange, blue raspberry, passionfruit flavour
- 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>

PROCEDURE

00

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

01

Add water to gelatin and quickly stir to hydrate gelatin. Ensure there is no dry powder left. Cover with foil and hold in a hot water bath.

02

Combine base ingredients together in a pot. Cook over medium heat until temperature reaches 115°C (239°F). Cool to 90°C (194°F) then mix in melted gelatin until fully combined

03

Add omega 3 oil, acid/lemon juice and flavor. Mix very well to ensure oil is evenly distributed.

04

While still hot, pour into lightly greased molds & refrigerate until set (20min to 1 hour).

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.