



NATURAL INGREDIENTS GUMMY FORMULA

Makes: 100 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 | cold water

Step 2 - Juice base

- 1/3 cup (74g) | Fruit puree
- 5 Tbsp (89g) | Sugar
- 5 Tbsp (93g) | Honey/corn syrup

Step 3 - Acid & Colour

- 1 tsp. (5g) | Citric Acid (make into solution with 1 tsp. water) or lemon juice
- Optional: Few drops of food coloring

PRO TIP

- If you do not want crunchy bits in your gummies, pass the fruit puree through a fine mesh sieve before adding it to the recipe to remove the seeds.
- 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 Acid/lemon juice and Colour. Mix well.

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.