

Reckless In The Kitchen

Homemade Sour Gummies

Recipe Adapted from Knox Gelatine

Ingredients:

- 1 c Simply Raspberry Lemonade*
- 1/4 c freshly squeezed lemon juice (1-2 lemons depending on size)
- food coloring (optional)
- 2 packets of Knox Gelatin

*A note on ingredients; as noted above, you can use any kind of juice, lemonade, or flavoring you like but the trick is, that all of your liquid adds up to 1 1/4 c. The ratios in this recipe are really important to ensure the gummies hold their shape.

Directions:

In a small sauce pan over low heat, warm the lemonade, lemon juice and food coloring (if using). Once the mixture is warm (not even boiling or simmering), add the gelatin. Stir with a fork until completely dissolved (2-3 minutes).

Pour the mixture into a mold of your choice. I used a square brownie pan, but candy molds or a cake pan would work equally well. Place in freezer for 10-12 minutes. To de-mold the gelatin, run a butter knife around the edges. Then cut the gummie into 4 sections for easy removal from the pan.

Place the gelatin on a paper towel and cut out shapes with a cookie cutter. Store the gummies in a an airtight container and keep at room temperature or in the refrigerator.