



Organic Vegan Sour Patch Kids Recipe

~Nel

Ingredients (Gummies)

- 1 cup organic fruit juice (pick bright flavors: lemon, raspberry, lime, orange, grape)
- 2 tbsp organic lemon juice (extra tartness)
- 3–4 tbsp organic agave, maple syrup, or tapioca syrup
- 3 tbsp agar flakes (or 1 tbsp agar powder)
- Optional: natural fruit/veggie powders for color (beet, turmeric, spirulina, blueberry)

Ingredients (Sour Sugar Coating)

- ½ cup organic cane sugar (finely ground, almost like caster sugar)
- 2–3 tsp citric acid (organic food-grade — this is the sour punch!)
- Optional: 1 tsp fruit powder (like raspberry or lemon) to tint the sugar

Instructions

1. Make the Gummies

- In a saucepan, whisk fruit juice, lemon juice, and sweetener.
- Sprinkle agar over the liquid and let hydrate for 5 minutes.
- Heat over medium, whisking constantly, until agar fully dissolves (5–7 min).
- Stir in fruit/veggie powders if using.
- Pour quickly into silicone molds (kids, bears, or fish shapes work).
- Let cool at room temp 15–20 minutes, then refrigerate 30–40 minutes until firm.

2. Make the Sour Sugar Coating

- In a bowl, mix cane sugar + citric acid (adjust sourness to taste).
- Optional: add a little fruit powder for color and flavor boost.

3. Coat the Gummies

- Pop gummies from molds.
- Toss in sour sugar coating until fully covered.
- Let dry on a parchment-lined tray for 1–2 hours before storing.

4. Store

- Keep in an airtight jar at room temp for up to 2 weeks.
 - If sugar melts off, re-toss in coating before serving.
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Flavor Ideas for a Colorful Mix Bag

- Red: Strawberry + raspberry juice + beet powder
- Orange: Orange juice + carrot juice +
- Yellow: Lemon juice + a dash of pineapple juice
- Green: Lime juice + apple juice + spirulina powder
- Purple: Grape juice + blueberry powder



Organic Vegan Tootsie Rolls

Ingredients

- 1 cup organic cocoa powder (unsweetened)
- ½ cup organic almond butter (or sunflower seed butter for nut-free)
- ½ cup organic coconut nectar (or maple syrup, for sweetness & chewiness)
- ¼ cup organic coconut sugar (powdered, or blended to fine)
- 1 tsp organic vanilla extract
- Pinch of sea salt

(Optional: 1–2 Tbsp organic oat flour if you need extra firmness for rolling)

Instructions

1. Mix the base – In a medium bowl, stir together almond butter, coconut nectar, vanilla, and salt until smooth.
 2. Add the cocoa – Sift in cocoa powder and powdered coconut sugar, mixing until it forms a thick dough.
 3. Adjust texture – If too sticky, add a little oat flour until you can roll it without it sticking too much.
 4. Shape – Roll into long ropes about ½ inch thick, then cut into bite-sized pieces.
 5. Wrap – Roll each piece in parchment paper squares (like old-fashioned candy twists).
 6. Set – Refrigerate for at least 1 hour to firm up.
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Storage

- Keep in an airtight container in the fridge for up to 2 weeks.
- They also freeze beautifully—just let them soften a bit before eating.



Organic Vegan Fruity Tootsie Rolls

Ingredients (Base)

- ½ cup organic fruit purée (strawberry, raspberry, mango, blueberry, etc.)
- ½ cup organic coconut nectar (or maple syrup for a deeper taste)
- ¼ cup organic cane sugar (or coconut sugar, blended to fine powder)
- 2 Tbsp organic coconut oil (or cacao butter for firmer texture)
- ½ cup organic oat flour (or almond flour for richness)
- 1 tsp organic lemon juice (enhances fruit tang)
- Pinch of sea salt

(Optional: natural food powders for color boost—like beet powder for red, spirulina for green, turmeric for yellow, blueberry powder for purple)

Instructions

1. Cook down the fruit – In a small saucepan, simmer fruit purée with coconut nectar and cane sugar for 5–7 minutes until slightly thickened.
 2. Mix in fat – Stir in coconut oil (or cacao butter) until melted and combined.
 3. Add dry ingredients – Remove from heat, stir in oat flour, lemon juice, and salt. The mixture should form a thick dough-like texture.
 4. Shape – Once cool enough to handle, roll into ropes and cut into small pieces.
 5. Wrap – Use parchment paper or biodegradable candy wrappers, twisting the ends.
 6. Set – Refrigerate 1–2 hours until firm and chewy.
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Flavor Ideas

- Strawberry Lemonade – Strawberry purée + extra lemon juice + beet powder for color
- Blueberry Acai – Blueberry purée + acai powder
- Mango Passionfruit – Mango purée + splash of passionfruit juice
- Raspberry Hibiscus – Raspberry purée + hibiscus tea concentrate for tang