

Collagen Gummies Recipe



Ingredients

- **1 cup of fruit juice** (we prefer flavors like orange or cherry)
- **3 tablespoons of gelatin powder** (preferably unflavored)
- **2 tablespoons of honey or maple syrup** (for natural sweetness)
- **¼ cup of collagen powder** (choose collagen peptides for better solubility)
- **1 teaspoon of lemon juice** (optional for added flavor)

Equipment Needed

- Small saucepan
- Whisk
- Silicone gummy molds
- Dropper (optional for filling molds)

Instructions

1. In a saucepan, pour out measured fruit juice and add **2 tablespoons of honey or maple syrup**. Adjust sweetness according to our taste preferences.
2. Over medium heat, gently stir the mixture while allowing it to warm. Avoid boiling it; we just want to dissolve the sweetener effectively.
3. In a mixing bowl, combine 3 tablespoons of gelatin powder and ¼ cup of collagen powder.
4. As the juice heats, gradually sprinkle in the gelatin and collagen mixture while whisking continuously. Make sure there are no lumps.
5. Keep stirring until everything is completely dissolved, which should take about **5 minutes**.
6. Once the mixture is smooth and well-combined, carefully pour it into our gummy molds. We can use a dropper or ladle for neatness.
7. After filling the molds, refrigerate them for at least **2 hours** or until the gummies are firm to touch.
8. Once set, gently pop the gummies out of the molds and store them in an airtight container. Keep them in the refrigerator to enjoy fresh for up to **2 weeks**.

Source: Doughnut Lounge