

➤ SNACK: RASPBERRY GRAPEFRUIT GUMMIES

 Serves 8



 Prep: 10 min.

 Cook: 5-8 min.

NOTES

Do not overheat the mixture or gelatin will not set. If liquid is too hot to touch let cool for a few minutes before adding the gelatin.

Snack yields enough for leftovers, store remaining gummies in an airtight container in the refrigerator.

INGREDIENTS

2 ½ cups fresh grapefruit juice (about 4 grapefruit)

⅔ cup smashed raspberries

⅔ cup water

6 tbsp powdered gelatin

PREPARATION

Use a hand blender or actual blender to blend grapefruit juice, raspberries, and water together.

Using a fine mesh strainer, strain liquid into a saucepan removing any raspberry seeds.

Heat juice mixture over medium heat until steam starts to appear and it is just

about to start simmering. Do not boil.

Remove from heat and add gelatin, stir or blend until fully dissolved.

Transfer to a baking or casserole dish and refrigerate uncovered until set, about 3-4 hours.

Cut gummies into squares of your preferred size and serve.