



Veggie Gummies

Prep Time: 15 minutes plus 30 minute refrigeration time

Yield: about 75-100 small gummies

Ingredients

½ cup vegetable juice pulp (such as spinach, kale + carrots)

2 tablespoons coconut sugar or granulated sugar

1/2 cup apple juice

4 tablespoons gelatin (about 3 packets)

Preparation

1. Stir all ingredients together in a small saucepan. Bring to simmer over low heat just until slightly thicker mixture forms.
2. Remove from heat and immediately portion into fruit gummy molds. Refrigerate until set, about 30 minutes.

Recipe provided by Chef Teresa Hansen www.chefhansen.com