



## 2-Ingredient Pumpkin Gummies



1/3 of recipe (5 gummies): 17 calories, 0g total fat (0g sat. fat), 0mg sodium, 1.5g carbs, 0g fiber, 0g sugars, 5g protein

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**Prep:** 5 minutes    **Cook:** 5 minutes

**Chill:** 45 minutes



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### Ingredients

Two 1/4-oz. envelopes (about 3 tbsp.) [unflavored gelatin](#)  
1-2 packets (1-2 tsp.) [sugar-free orange drink mix](#)

### Directions

Place a [15-pumpkin \(or similar size\) gummy mold](#) on a large plate or baking sheet.

In a small pot, combine gelatin with 2/3 cup water. Stir to dissolve. Set heat to medium. Stirring continuously, bring to a low boil.

Remove from heat. Add drink mix, and stir until completely dissolved.

Transfer gelatin mixture to a liquid measuring cup. Evenly distribute mixture into the pumpkin mold. (Discard any extra mixture.)

Refrigerate until firm, at least 45 minutes.

For best results, store in the refrigerator in a sealable bag or container.

**MAKES 3 SERVINGS**

**HG FYI:** Different drink mixes have different strengths. Use one packet or two, depending on the brand you use and how sweet you like things.

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