



DIY Gummy Bears



1/5th of recipe (10 bears): 15 calories, 0g total fat (0g sat. fat), 12mg sodium, <0.5g carbs, 0g fiber, 0g sugars, 4.5g protein

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

Chill: 20 minutes



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Ingredients

3 envelopes (about 3 tbsp.) unflavored gelatin
1 packet (about 1 tsp.) sugar-free drink mix (5 - 10 calories)

Directions

Place [a 50-bear gummy bear 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 constantly, bring to a low boil.

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

Using a dropper (included with most gummy bear molds), evenly distribute mixture into the gummy bear mold.

Refrigerate until firm, at least 20 minutes.

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

MAKES 5 SERVINGS

HG FYI: No need to stop at 10 gummy bears! Enjoy 25 gummies for just about 38 calories (**SmartPoints®** value 1* on all plans).

HG Heads Up: Depending on your boil time, you may end up with more liquid, which means more gummy bears. Nothing wrong with that!

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