



## 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

**Green Plan [SmartPoints](#)® value 0\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 0\***

**Purple Plan [SmartPoints](#)® value 0\***

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

**Chill:** 20 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Four or More Servings](#)

### 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!

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.