

## GUMMY CANDIES

*I have another healthy recipe to share, thanks to Angela. This is a delicious nutritious treat that you can feel good giving to your kids! Or for yourself when you're craving some sugar and candy. 😊*

Original recipe adapted from [epicurious.com](http://epicurious.com)

Makes 16 gummies

### Ingredients

1 cup pure fruit juice or nectar

Note: Don't use pineapple, kiwi or papaya, they won't gel properly.

1 ¼ ounce package unflavored gelatin



### Directions

Lightly coat 16 tartlet molds or mini muffin tins with oil. See **tip**

Place ¼ cup of the juice in a medium bowl and sprinkle in the gelatin and let sit for 1 minute.

Meanwhile, in a small pan, bring the remaining juice to a boil.

Add it to the gelatin mixture and stir until the gelatin is dissolved.

Spoon the mixture into the molds. Chill in the refrigerator until set, about 2 hours.

Pop the tartlets out.

Serve cold or at room temperature within 2 hours, or store them in an airtight container for up to 3 days.

**Tip:** you can buy plastic or metal molds. Or use an 8 x 8 inch baking dish, once it's set cutting into square with a knife or into shapes with a cookie cutter