



The Health & Wellbeing Studio

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Fruity Gummies

Fruity gummies are a great way to treat your kids without the extra sugar, and an ingenious way of sneaking in any supplements they might need that may not otherwise reach their tummies. They work well for powdered supplements or probiotics. Speak to your health care practitioner before using supplements. Gelatine is a naturally occurring collagen generally sourced from beef, so is not suitable for vegans, however, these gummies can be made with a vegan friendly gelling agent called agar agar (substitution instructions below).

Gelatine is beneficial for gut and joint health, for skin, hair and nail growth, and for building muscle. It is a good source of protein (surprised?!) with around 6g of protein per tablespoon, and a great amino acid profile. Lysine is great for skin health, and is particularly useful for cold sores. Glycine has many essential roles in the body such as the synthesis of haemoglobin, DNA and RNA, and for detoxification.

The added benefit of using vitamin C rich fruits and vegetables means that the proline and lysine can be utilised more effectively, so give berries and kiwi gummies a try!

- Family friendly
- Gluten free
- Grain Free
- Lunchbox
- Cooking with Kids
- Nut Free
- Low Oxalate options
- Low salicylate options
- Dairy Free
- Lactose Free
- Vegetarian friendly
- Low FODMAP options
- Vegan options
- Sweet Treat
- GAPS friendly options
- Low amine options

Preparations time: 30mins

Setting time: 30mins

Makes: 20 approximately

Ingredients

- 1 cup fruit or vegetable juice (e.g. apple, beetroot, raspberry, pear)
- 1 tbsp lemon juice
- 1-2 tbsp honey, maple or rice malt syrup
- 3 tbsp gelatin powder

Instructions

1. In a small saucepan, gently heat the juices (except 2 tbsp fruit juice if adding supplements) and sweetener over low heat.
2. Remove the saucepan from the heat and allow to cool for 2-3 mins.
3. Meanwhile, if you are adding supplements, add the recommended dose to 2

tablespoons of juice and stir well.

4. Gradually add the gelatin to the juice still in the saucepan whilst whisking consistently until all gelatin has been added and the mixture is smooth.
5. Allow to cool for a further 5 mins before whisking through the supplement mix. It is important to allow the mixture to cool so that the heat does not affect the constituents of the supplement.
6. Distribute the mixture between a silicon gummy mould or ice tray and allow to stand until completely cool.
7. Transfer to the freezer to set completely, around 20 minutes.
8. Gummies store well in an airtight container in the fridge.

Alternatives

Replace $\frac{1}{4}$ cup of the juice with coconut milk for a creamy gummy.

For vegan gummies, replace the gelatin with agar, and add to the mixture when heating the juice.

For low oxalate gummies, try apple, peach, passionfruit, grape or pear juice.

For a GAPS friendly version, use honey to sweeten.

For low salicylate gummies, try apple or pear juice and sweeten with maple syrup.

For FODMAP friendly gummies, try grape, passionfruit or raspberry juice and sweeten with rice malt or maple syrup.

For a low amine option, omit the lemon juice and try pear or apple juice.