

LCHF Gummies

DFVO

A nice easy-to-make party treat, these are a perfect substitute for the usual sugar-laden jelly lollies and sweets. While they might not be as sweet, kids (and adults!) love their chewy texture.

Serves	20 x 2 cm cubes	Per serve (2-3 gummies)
Prep time	10 minutes	Carbs 0.1 g
Cook time	10 minutes	Protein 2.0 g
Setting time	4-24 hours	Fat 0.02 g
Difficulty	●●●	Energy 9 Cal

INGREDIENTS

- 1 cup water
- 3-4 fruit tea bags
(your favourite flavour)
- zest and juice of 1 lime or lemon
- 2 tbsp powdered gelatine
(or about 10 sheets, use vegetarian gelatine for vegetarian option)
- 1 tbsp Natvia
(or equivalent sweetener)

Berry variation:

- 1 cup water
- 1 cup frozen berries
(any type, or mixed)
- 3 tbsp powdered gelatine
(or about 15 sheets, use vegetarian gelatine for vegetarian option)
- 1 tbsp Natvia
(or equivalent sweetener)

METHOD

Add 1 cup of boiled water straight from the kettle to a small pot, add the tea bags and leave to infuse for 10 minutes. Fish the tea bags out and squeeze their liquid back into the pot. If using sheet gelatine, soak it in cold water for a few minutes to soften it (squeeze it out before using).

Add the citrus zest, juice, gelatine and Natvia to the infused liquid. Bring it slowly up to the boil, whisking constantly - take care that it doesn't actually boil, though it will get close.

Pour the gummy mixture into moulds of whatever shape and size you like, or you can set it in a suitably sized container and cut it into small cubes (2 cm each side) later.

Place in the fridge to set for at least 4 hours. It's much better left overnight, as the gelatine will continue to set for 24 hours.

BERRY VARIATION

- Place the water and frozen berries in a small pot and heat gently for 2-3 minutes until the berries have fully defrosted. Blend the mixture until smooth and strain out the seeds (or you can leave them in if you want);
- Pour the strained liquid back into the pot, add the gelatine and Natvia, and finish making as described above.

