

# Cherry Electrolyte Gummies



Source: gnom-gnom.com

## Ingredients

- 3/4 cup 100% tart cherry juice
- 2-1/2 tbs. sugar
- 2 tbs. gelatin, unflavored
- 1/8 tsp. salt

**Prep Time** 30 minutes

**Servings** 2 servings

**Difficulty**



## Nutrition

Per half recipe

138 calories

29g carbohydrates

6g protein

0g fat

0g fiber

103mg sodium

**Dietary** Gluten free

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**Source** MS, RD, CSSD

## Directions

Place cherry juice in a saucepan and turn heat to medium. Bring to a simmer and let cook for 5 minutes to concentrate the juice. Then, turn off the heat and let cool to room temperature, about 10 minutes.

Add the sugar, gelatin, and salt. Whisk well. Turn heat on again to low. Whisk until solids are totally dissolved, about 30-60 seconds. Skim off any foam with a spoon and discard.

If using a silicone mold: Place mixture into a measuring cup and carefully pour into mold. Let chill in the fridge until set, about 10 minutes. Pop out gummies.

If using a small container to mold: Very lightly spray container with pan spray. Pour mixture into container and let chill in the fridge until set, about 10 minutes. Cut into bite size gummies.

Store covered at room temperature or in the fridge for up to a few days.

## Notes

- Other 100% fruit juices can be used in place of the cherry juice.
- Be sure to choose unflavored gelatin and not gelatin products containing sugar and flavors.
- These gummies can be shaped either with a silicone mold, or simply use a small container and cut the gummies after they have set.