

# Tart Cherry Gummies

3 ingredients · 10 minutes · 17 servings

## Directions

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1. Mix ingredients in a small saucepan set over medium-low heat.
2. Stir while the mixture heats, so the gelatin completely dissolves.
3. Once you no longer see gelatin granules, remove from heat and pour into a glass dish or gummy molds
4. Place in the refrigerator to chill for 30 min, or until gelatin sets.
5. Cut into bite-sized pieces and store in an airtight container in the refrigerator.

## Notes

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### Note

You may use any juice you'd like with the exception of pineapple (because it contains the protein-digesting enzyme bromelain, so the gelatin won't gel!)

## Ingredients

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**2 1/2 cups** Tart Cherry Juice

**1/2 cup** Gelatin (grass fed)

**1 2/3 tbsps** Honey (optional - sweeten to taste)