



Valentine's Day Gummy Hearts

"We used heart-shaped moulds to make this special treat. They taste just like gummy bears or other gummy lollies but have 50% less sugar than commercial manufactured gummy lollies. Plus gelatine is made from collagen, which is the most abundant protein in your body including your muscles, skin, tendons, hair, nails and bones. It is also awesome for smoothing out wrinkles."

nut-free soy-free gluten-free dairy-free FODMAP friendly

Prep time: 10 minutes | **Chill time:** 4+ hours | **Makes:** 20-30 depending on moulds size

Ingredients

- 85g box of blackcurrant flavour Jelly crystals (we used *Aeroplane™ Natural Colours & Flavours* which has 25% reduced sugar than the original)
- 28g or 2½ tablespoons gelatine powder
- ½ cup cold water

Equipment

- small saucepan
- silicone spatula
- small ladle with pouring lip or mini milk jug
- Flexible silicone chocolate heart moulds



Preparation

1. Place gelatine and jelly crystals into the saucepan and stir to combine.
2. Add the COLD water and stir thoroughly to combine. Let sit for 2-3 minutes (meanwhile get your hot water and ladle ready – see hint below). It's ready when it starts to thicken, looks clumpy and you can see little or no more liquid remaining when you stir.
3. Put the saucepan on a LOW HEAT stove setting to slowly melt the mixture. Do not boil. Occasionally stir slowly (to avoid creating air bubbles). Use the spatula to scrape the bottom and sides of the saucepan until it is a smooth honey-like consistency. Take off the heat.
4. Working quickly, ladle the mixture into your moulds. If you use up all of the liquid you most likely will get some foam or air bubbles (but they still taste great). Carefully transfer them to the fridge to chill for approximately 4 hours or overnight for best results. Remove from moulds by releasing contact around the rim first (flick edge with your fingertip, or pulling back gently) then push to pop them out.

Hint:

Fill a small saucepan/heat-proof jug with approx. 1/2 cup hot water to rest your ladle if you need to put it down. This recipe contains Sulphites.