

# Sour Green Gummies

**Serves:** 28

**Prep:** 10 mins (+ 2 hours refrigeration)

**Cook:** 3 mins

**Dietary:** DF, EF, GF, NF

**Age group:** 12 months+

**Difficulty level:** Beginner

# Sour Green Gummies



Nut-Free



Vegetarian



Egg-Free



Gluten-Free

## Equipment

High-speed blender

## Ingredients

- 3 tbsp (30g) gelatine powder
- ½ cup (125ml) filtered water
- 1 cup (250ml) fresh lemon juice
- ½ cup (125ml) apple juice, unsweetened
- 1 cup (20g) baby spinach, rinsed
- 2-3 tbsp (60g) honey

## Method

1. In a small bowl, whisk gelatine powder with ½ cup of water and allow to set.
2. Add juices and spinach to a high-speed blender and blend until smooth, then strain through a fine mesh sieve if you want a smoother texture (optional).
3. Add green juice and honey to a small saucepan and heat over medium heat to bring to a simmer.
4. Once simmering, stir in the gelatine mixture.
5. Blend well until the gelatine has dissolved into the mixture.
6. Pour the mixture into a baking dish lined with baking paper or into moulds of choice.
7. Allow the gummies to set in the fridge for approx. 2 hours or place in the freezer for 20-25 mins to firm quickly.
8. Using St. Patrick's Day inspired cookie cutters, cut out funny shapes. Alternatively, cut into small cubes or if you have used individual moulds, carefully take them out of the moulds and serve.

**Storing leftovers:** Store in the fridge for up to 5 days or freeze for up to 4 months.

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## Tips

### ✓ Easy ingredient swaps:

Swap raw honey for maple syrup.

Swap lemon juice for grapefruit juice.

Swap apple juice for coconut water or an unsweetened fresh juice of choice.

Swap spinach for kale or 1-2 tsp of powdered greens such as spirulina or wheatgrass.

### ✓ Baby-friendly version:

Serve in finger food-sized pieces and leave out honey.

### ✓ For fussy eaters:

Pour the mixture into funny looking moulds.