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Make gummy bears yourself



Here's a recipe for how to make gummy bears with kids

With this recipe, you can finally make the gummies that taste best to you, provided that the composition here actually tastes great to you. If you want to try this out in the youth group, you'll need a whole lot of empty boxes of chocolates. - there is collecting announced!

Material

- 130g gelatin
- 470ml water
- 400g sugar
- 400ml syrup or 330g liquid honey
- 20ml tartaric acid or 4 tbsp lemon juice

Preparation

1. Mix gelatine with 200ml water in a small bowl and leave to soak for 15 min. Then melt it slowly in a water bath. It must not boil!
2. Stir together 120ml water and 400g sugar and bring to the boil, remove the pan from the heat.
3. Stir in the syrup or honey-water mixture.
4. Finally add the dissolved gelatine and lemon juice and stir vigorously.
5. Now the whole mixture needs 5-10 minutes on a warm stove top to rest. Again, do not boil, just keep warm.
6. Then skim off the foam formed on the surface. Spoonful by spoonful, the mass is filled into prepared milk hearts, advent calendar, praline...molds and leave for a few hours in a cool place.

Note

One more **Tip** for the kitchen users: Soak the used dishes immediately in warm water and wipe the work surfaces and fingers thoroughly. The warm mass sticks like glue and can be removed in gelled state only with Mühe.

Be careful when you remove it! Only when the mixture is really gelled through and through!!!

If the rubber animals should ever make their way into a packaging bag, dust lightly with cornflour beforehand.Otherwise there will be rubber animals on the stick and that would be a pity for the flour!

Image credits

- Title image: pixelio.de / xafia

Source reference

- Idea: Juropaarchiv, www.juropa.net

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