

# HERBAL GUMMIES

*These are so fun to make, and they can look and taste quite professional. The secret is having the right molds. Silicone molds work best, and because they've become so popular you can find them in all different shapes—from little bears to wiggly worms. If you don't have molds, you can use a baking sheet lined with parchment paper; after the gummy mixture cools, cut out small squares.*

- 1 cup cool or room-temperature (not hot) herbal syrup
  - ¼ cup gelatin powder
  - ½ cup hot (but not boiling) water or unsweetened fruit juice
1. Place ¼ cup of the syrup in a small bowl. Whisk in the gelatin powder, stirring briskly until all the gelatin is dissolved.
  2. Quickly add the hot water and stir until smooth.
  3. Add the remaining ¾ cup syrup and stir until smooth.
  4. Place silicone molds on a baking sheet or platter. Using a dropper, miniature baster, or tiny spoon, transfer the mixture into the molds. Place the molds in the refrigerator for a couple of hours, or until firm. Alternatively, line a baking sheet with parchment paper and pour a thin layer of the gummy syrup on top, then place in the refrigerator to cool.
  5. Pop the firm gummies out of the molds, or cut into squares if using a baking sheet. Store in an airtight container in the refrigerator. To keep the gummies from sticking to one another, layer with waxed paper or parchment paper. The gummies will last up to 2 months, though chances are, they'll be gone before then!



## VEGAN HERBAL GUMMIES

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- 1 cup cool or room-temperature (not hot) herbal syrup
  - 2 teaspoons agar powder or 6 teaspoons agar flake
1. Combine the syrup and agar in a medium bowl and whisk briskly, stirring until the agar is completely dissolved.
  2. Transfer the mixture to a small saucepan and bring to a boil. Reduce the heat to low and simmer for 5 to 8 minutes, stirring frequently. Turn off the heat and let cool for a few minutes.
  3. Place silicone molds on a baking sheet or platter. Using a dropper, miniature baster, or tiny spoon, transfer the mixture into the molds. Place the molds in the refrigerator for a couple of hours or until firm. Alternatively, line a baking sheet with parchment paper and pour a thin layer of the gummy syrup on top, then place in the refrigerator to cool.
  4. Pop the firm gummies out of the molds, or cut into squares if using a baking sheet. Store in an airtight container in the refrigerator. To keep the gummies from sticking to one another, layer with waxed paper or parchment paper. The gummies will last up to 2 months, though chances are, they'll be gone before then!

