



Gummy Bears/Gummy Worms

Ingredients:

- 2 tbsp. water
- 1 tbsp. gelatin
- Flavoring of your choice. Examples:
 - o Diet Right drink mix
 - o Strong brewed tea

Directions:

1. In a small bowl, combine all ingredients.
2. Let set for a few minutes, then add 2 tbsp. of almost boiling water to the mix to dissolve.
3. Using a dropper, fill your gummy molds with your mix.
4. Refrigerate until set.

Servings: makes 1 serving.

Each serving = 1 protein product, if Diet Right drink mix is used.

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