

# DRAGON FRUIT GUMMIES

# Recipe

**SERVINGS: 12**

**RECIPE:**

- ¼ c. (2 oz.) red dragon fruit juice
- 1 Tbsp. + ½ tsp. unflavored gelatin
- ¼ c. corn syrup
- 1/3 c. + ½ Tbsp. sugar
- 1 tsp. citric acid solution
- 1 tsp. water
- 1 pinch corn starch
- 1 pinch powdered sugar

**MATERIALS:**

- 1 cup
- 1 small saucepan
- 1 large pot
- Food thermometer
- Spoon
- Pipette
- Gummy molds

**PROCEDURE:**

1. Properly wash your hands, and clean and sanitize utensils.
2. Combine dragon fruit juice and gelatin in a cup. Mix them well and let gelatin bloom for 5 minutes.
3. While the mixture blooms, add corn syrup and sugar to a small saucepan over low heat. Stir gently until sugar-syrup mixture bubbles.
4. Add in gelatin and stir until the gelatin dissolves in the mixture completely.
5. Remove the pot from heat.
6. Dissolve 1 tsp. of citric acid in 1 tsp. of water. Add this citric acid solution to the hot mixture in the pot and mix well.
7. Place the small pot into hot water bath in the large pot. Maintain water bath at 80°C.
8. Let gummy mixture sit for 10 minutes and allow bubbles to gather on the surface.
9. Scoop away bubbles from gummy mixture.
10. Use a pipette to fill gummy molds with the mixture.
11. Refrigerate gummies for 6-24 hours.



**Nutrition Facts**

12 servings per container  
Serving size 3 Gummies (11g)

Amount per serving	Calories	% Daily Value*
	<b>35</b>	
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 9g		3%
Dietary Fiber 0g		0%
Total Sugars 8g		
Includes 8g Added Sugars		16%
Protein 1g		
Vitamin D 0mcg		0%
Calcium 1mg		0%
Iron 0mg		0%
Potassium 1mg		0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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