

# RECIPE OF THE WEEK

## Flavorful Gummies

### Ingredients

- 1 Ideal Protein water enhancer (Any flavor can be used
- exotic fruit, lemon, tangerine, or raspberry lemonade)
- 2.5 tbsp. of unflavored gelatin
- 3/4 cup of water



### Preparation

- 1.Heat water on medium heat and add ingredients.
- 2.Mix until consistency is smooth and gelatin has dissolved.
- 3.Pour mixture into gummy bear molds, using a dropper or teaspoon can make it easier.
- 4.Leave in refrigerator for 30 minutes to an hour.
- 5.Enjoy!

