

Energy Gummies



Meet your new favorite pre or mid-workout snack! Whether you need an energy boost before your workout or during a long exercise session, these jujubes are perfect. They're simple and quick to make - a great alternative to sports gels!

Preparation 5 min

Cooking 5 min

Waiting 60 min

Servings 10

Nutrition Facts (per serving)

Calories 65

Fat 0

Carbohydrates 15

Fibre 0

Protein 1

Sodium 70

Ingredients

- 250 ml (1 cup) of 100% natural fruit juice, your choice
- 4 packets of 7g each of unflavored gelatin
- 125 ml (½ cup) granulated sugar
- 15 ml (1 tbsp) honey

- 15 ml (1 tbsp) cornstarch, to taste

Preparation

1. Heat the fruit juice in a small saucepan over medium heat until it's warm but not boiling.
2. Remove from heat, add the gelatin, and stir until completely dissolved.
3. Mix in the remaining ingredients.
4. Pour the mixture into jujube molds or a shallow dish and chill in the refrigerator for at least 1 hour.
5. Unmold the jujubes or cut into squares of the desired size.
6. Transfer to a bowl, sprinkle with cornstarch, and toss with your hands.*

*This step helps prevent the jujubes from sticking together later on.

Notes

Keeps for 10 days in the refrigerator, in an airtight container.

Note: For a vegan version, substitute the gelatin with 3 tsp of powdered agar-agar.



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