

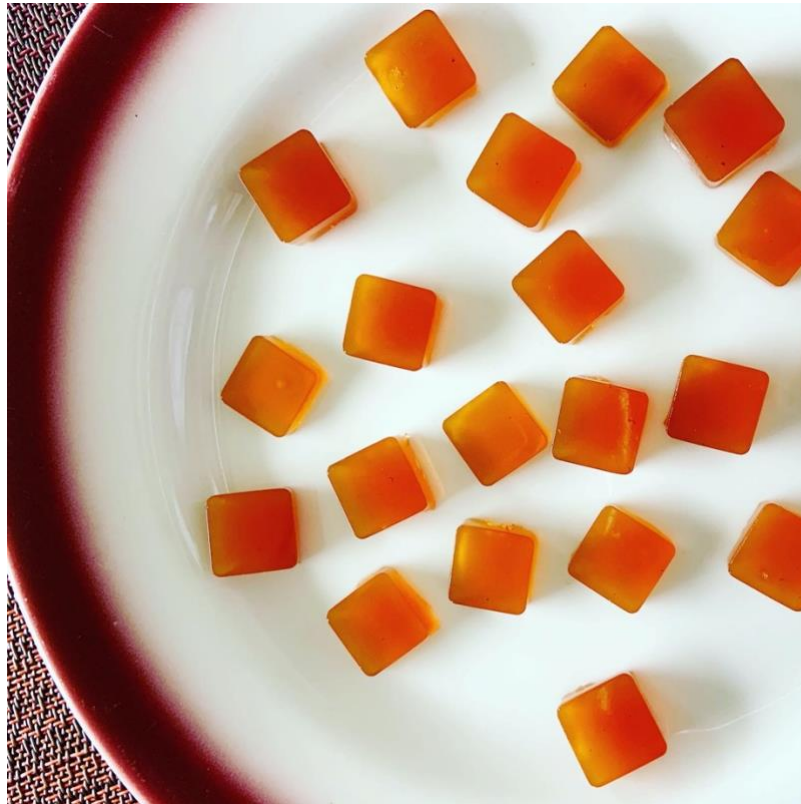
Salmonberry Gummies



PREP TIME
10 minutes

COOK TIME
10-12 minutes

READY IN
2 ½ hours



SERVINGS
6-8

FOREST INGREDIENTS
Salmonberries

Ingredients

3 cups of fresh salmonberries

½ cup water

3 Tbsp unflavored gelatin

¼ cup honey

Steps

- Wash and drain the salmonberries.
- In a medium pot, add the salmonberries and the ½ cup of water. Cook the salmonberries over medium-high heat for 5-8 minutes, or until the berries come to a boil.
- Simmer a few more minutes then remove from the stove.
- Pour the salmonberries and water over a mesh strainer into a bowl. Using the back of a wooden spoon, press the berries against the mesh strainer to get as much salmonberry juice from your mixture.
- Measure one cup of salmonberry juice and pour that one cup of juice back in the pot.
- Sprinkle the unflavored gelatin over the juice and add ¼ cup of honey.

FOREST FRESH ALASKA

- Return to the stove and heat the mixture on low, stirring constantly until the gelatin completely dissolves.
- Once the gelatin is completely dissolved use a dropper or a spoon to put the mixture into gummy molds.
- Place the filled molds into the refrigerator and chill for 2 hours.
- Remove the gummies from the molds and store in the refrigerator.

Notes

To avoid bubbling and foaming, squeeze the dropper prior to emerging it into the mixture. You can use this same recipe for other berries, the amount of honey may have to be adjusted according to the type of berries you use, as well as how sweet you like your gummies. Because there are no preservatives in these gummies, store in the refrigerator.