

SUPER EASY HOMEMADE CHOCOLATE GUMMIES



Chocolate Gummies

So these are our super easy homemade chocolate gummies! A Chef Dom favourite and one of mine too. Made with gelatine which we're really loving! Have you tried using it? We use Great Lakes Gelatine (the red container). It's so easy to add to a variety of different foods for fun effects and some delicious gut healing goodness.

Gelatine is a bit of a buzz word at the moment. But it's one of the few so called "superfoods" that actually does justify the hype and results from eating it include better looking skin, strong bones and helping immensely with your gut health generally.

In this recipe we teamed it up with raw cacao powder for the chocolate flavor (but you could use cocoa) and coconut milk and we made the mixture in a silicone mold that Dom loves - he calls them his "chocolate gingerbread men".

So if you're looking for a quick and easy snack for your kids that's actually super healthy then these

