

Easy Zero-Carb Gummies

Hands-on 10 minutes Overall 2 hours

Nutritional values (per serving, 5-6 gummies): Total carbs: 0 g, Fiber: 0 g, **Net carbs: 0 g,**

Protein: 3.1 g, Fat: 0 g, Calories: 12 kcal,

[Original recipe, Keto Diet App - The ultimate low-carb diet app](#)



Ingredients (makes about 160 g/ 5.6 oz gummies)

1/2 cup sugar-free fruit tea of choice (120 ml/ 4 fl oz)

1/3 cup + 1 tsp grass-fed [gelatin powder](#) (40 g/ 1.4 oz)

Optional: natural low-carb sweetener, to taste

Note: If you're making homemade gummies for the first time, make sure to [check this guide to avoid common mistakes](#). You can use any fruit tea or a combination of more flavours like I did. Apart from fruit tea, you can use herbal tea such as hibiscus, mint or ginger, and your favourite low-carb sweetener.

Instructions

1. Divide your tea into two parts and scatter the gelatin over one. Leave to bloom for 5 minutes.
2. Meanwhile, warm the remaining tea in a saucepan and then add the gelatin mixture. Stir over medium heat until dissolved.
3. Pour into moulds and place in refrigerator for two hours. *Note: Place your silicone mould onto a tray before filling to make moving it easy and disaster free (Talking from experience!). My [silicon tray](#) came with a pipette, but a clean eye dropper would do the job too.*
4. When set, pop out of moulds and into a jar to store. This recipe makes 60-70 gummies.
5. Store sealed at room temperature for up to a day, or in the fridge for up to a week.

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