

# 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)

1/4 cup grass-fed gelatin powder (40 g/ 1.4 oz)

*Optional:* natural low-carb sweetener, to taste

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## Tips:

This ratio of liquid ingredients to gelatin will result in very firm gummies. You can use up to 1/2 cup more liquid ingredients for chewy gummies.

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. Keep warm or gently reheat if the gelatin starts to solidify in the saucepan. *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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Keto calculator