

HERBALIFE GUMMY STARS AND HEARTS

Makes approximately 30 small stars and hearts

Light & up-lifting bites to bring joy to your day. This recipe is enriched with food supplements, be mindful about daily dose.

Max daily doze: 15 gummies

INGREDIENTS:

- 50ml cold water
- 5 teaspoons (20g) powdered gelatine
- 300ml boiling water
- 2 sachets (7.4g) of Immune Booster Berry flavour
- 1 ½ scoop (8.5g) Collagen Skin Booster food supplement*, strawberry and lemon flavour
- 2 servings (3.4g) Herbalife Instant Herbal Beverage, lemon flavour
- 2 tablespoons lime juice

METHOD:

- Line the base and sides of a 2lb (900g) loaf tin, OR a 18cm cake tin with parchment paper/ cling film or use small jelly moulds.
- Place the 50ml of cold water in a heatproof jug or small bowl, then sprinkle the gelatine over the top and stir in to mix. Set aside for a few minutes.
- Place the boiling water in a separate jug or bowl and add in the Instant Herbal Beverage, lemon flavour and the lime juice. Stir to mix.
- Now sit the jug with the gelatine and water inside a saucepan with a few centimetres of hot water in it, over a medium heat. As the water in the saucepan heats up and simmers for a few minutes, the gelatine mixture in the jug will dissolve and become like a thick syrup. Take the jug out of the saucepan now.
- Pour a quarter of the water mixture with the Instant Herbal Beverage, lemon flavour into the gelatine mixture, stirring well to mix, then pour in the remaining water mixture, continuing to mix well. Once the mixture has cooled slightly add the Immune Booster and the Collagen Skin Booster and stir until well dissolved.
- Now pour the mix into the lined tin or the moulds and place in the fridge or the freezer to set. They will only take about 15 minutes in the freezer (don't let them actually freeze!) or approximately 1 hour in the fridge.
- Take out and empty onto a clean piece of parchment paper then cut into stars and hearts!

NUTRITIONAL VALUES per gummy

Protein: 1g

Kcal: 5

Disclaimer

NOTICE: Consume one sachet of Immune Booster and one portion of Collagen Skin Booster per day. Do not exceed the recommended daily dose of Immune Booster and Collagen Skin Booster.

Food supplements are intended to supplement the diet and should not be used as a substitute for a varied diet.

Store Immune Booster and Collagen Skin Booster out of reach of young children.

