

# Gummy Bear

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-dongbei-recipe-bear-meat>

## Ingredients:

- 1/2 cup juice
- 1 tablespoon honey
- 2 tablespoons gelatin
- 1 bear gummy, mold

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 8 grams
3. Protein: 7 grams
4. Sodium: 15 milligrams
5. Sugar: 7 grams

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