

Endurance Apple Cinnamon Gummy Bearsⁱ

1 ¼cup Unfiltered Apple Juice
¼cup Grass Fed Gelatin
1tbsp Organic Sugar
½ tsp Cinnamon
¼ tsp Celtic Sea Salt



1. Combine all ingredients in small pot and cook on medium heat
2. Stir frequently (about every 30 sec) until the mixture is just boiling
3. Remove from heat and carefully pour into molds. (A dropper makes this job much easier). Keeping molds on a baking sheet will make them easier to move later
4. Put molds into fridge to set
5. Once set pull the gummy bears from the mold (Putting them in the freezer briefly can make this easier)
6. Enjoy these energy and electrolyte filled gummies on your next hike. Keep them refrigerated for storage off the trail and try to use within a week or two.ⁱⁱ

ⁱ These gummy bears have the right balance of nutrients to keep you going on the trail and help support recovery off it.

- Electrolytes and minerals (in the Celtic sea salt) to replenish what you are sweating out, prevent muscle cramps and increase water hydration
- A small amount of sugar to provide glucose during for high intensity outputs
- Protein rich (from the grass fed beef gelatin) helps endurance and recovery
- Collagen rich gelatin supports joint, skin and hair health AND is soothing to gut lining!

ⁱⁱ This recipe was adapted from anyaseats.com

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