

Cactus Pear Fruit Gummies



Makes 48 gummies

Recipe developed by Taylon Colbert

Checked and edited by Dr Alba du Toit

PREP TIME: 45 minutes and 2 hours setting time

INGREDIENTS:

- 10 cactus pear fruits
- 45 ml (3 tablespoons) gelatine
- 5 ml lemon juice
- 100 ml sugar (or honey)
- 2 ml vanilla essence
- Silicone moulds

METHOD:

- Wash the cactus pear fruits under cold water to remove most of the thorns.
- Blanch the cactus pear fruit in boiling water for 60 seconds, remove and place in cold water to stop the cooking process.
- Peel the outer skin from the cactus pear fruits.
- Place the peeled fruits into a food processor or a blender and liquidise into a smooth pulp or juice.
- Pass the pulp through a sieve to remove the seeds. Reserve 400 ml smooth cactus pear juice.
- Combine the 400 ml smooth cactus pear juice, sugar (or honey), lemon juice, vanilla essence and gelatine in a saucepan.
- Stir over low heat to dissolve the sugar and gelatine. The mixture should not boil. Adjust the flavour to taste.
- Using a dropper, fill the silicone moulds while the mixture is warm.
- Refrigerate until set for at least 2 hours.
- To successfully un mould the gummies, place the moulds in the freezer for a few minutes.
- Dust the gummies with icing sugar to prevent stickiness (optional).
- The gummies may be stored in an airtight container in the refrigerator for one week.

T: +27 51 401 7656 | E: DuToitA1@ufs.ac.za | www.ufs.ac.za

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