

Bite Spoon

Gummy Bear Refresher – Quick & Easy Snack

5 min Prep time	**5 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Beverage** Course

Ingredients

Main Ingredients

- [ ] 2 cups chilled orange or pineapple juice
- [ ] 1/2 cup gummy bears (any color)
- [ ] 1/2 cup sparkling water (optional)

Optional Add-ins

- [ ] 1 tsp honey or agave
- [ ] Fresh mint leaves
- [ ] Lime wedge

Instructions

1. Pour the chilled juice into a large glass, letting it sit while you gather the other components.
2. Add the gummy bears; watch them gently bob and begin to soften.
3. If using, pour sparkling water over the bears, giving the drink a light fizz.
4. Stir in a drizzle of honey if you like extra sweetness, then garnish with a mint leaf and a lime wedge.
5. Serve immediately, enjoying the playful chew of each bear as you sip.

Nutrition per serving

180 kcal	0 g	44 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- Don’t let the gummy bears sit for more than ten minutes or they’ll start to dissolve.
- For a less sweet version, choose a low-sugar juice or reduce the honey.
- You can swap orange juice for cranberry or pomegranate for a deeper flavor.