**Pineapple Apple Cider Vinegar Gummies**

*Try making these apple cider vinegar gummies for a healthy Christmas Gift.*

Prep time: 10 mins  
Cook time: 10 mins  
Makes: 24 gummies

**Ingredients:**

½ [Dole Tropical Gold Pineapple](https://www.dolenz.co.nz/products/tropical-gold-pineapple), peeled and chopped

½ cup [Superb Herb](https://superbherb.co.nz/product-category/shop-all/) Mint leaves  
⅓ cup [Chantal Organics](https://chantalorganics.co.nz/category/products/spreads/) Creamed Honey  
¼ cup [DYC](https://www.cleverliving.nz/products) Apple Cider Vinegar  
½ cup Water  
3 tbsp Gelatin powder

**Method:**

1. Blend pineapple and mint until smooth. Strain and add the liquid to a small saucepan.
2. Simmer the pineapple juice over low heat for 5-10 minutes, stirring occasionally and removing scum.
3. Put water and apple cider vinegar in a small bowl. Add gelatin and whisk vigorously so it doesn’t clump. Let bloom then add to the saucepan. Add honey then stir and simmer the mixture for a few minutes until fully dissolved, then pour into oiled silicon moulds.
4. Let set in the fridge then pop the gummies out and enjoy!

*Tip:* Pineapples contain an enzyme that breaks down protein. The enzyme is destroyed by heat, so it is important to cook the pineapple thoroughly before adding gelatin.