

Long Livo

# Gummy Bear Refresher – Quick & Easy Snack

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|---|---|---|
| **5 min**<br>Prep time | **5 min**<br>Total time | **2**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | **Beverage**<br>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.