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Pre-Workout Gummies

Serving size: 1 handful gummies
Recipe yields 1 serving

Ingredients

1 cup water
4 tbsp gelatin
1 scoop Signature Tropical Pineapple pre-workout (or flavor of choice)

Special equipment: food-grade dropper and gummy mold

Directions

1. In a saucepan, heat water over medium heat until simmering. Reduce heat and add gelatin, whisking continuously until completely dissolved.
2. Remove pan from heat and add pre-workout, whisking thoroughly to combine.
3. Using a food grade dropper, carefully fill molds with mixture. Transfer mold to refrigerator and chill for at least 2 hours or until set. Store in an airtight container for up to one week.