



BeyondFitMom's FitMiss BCAA Gummies

Ingredients

FitMiss Blue Raspberry BCAAs 1 scoop

Knox gelatin 3 packs

Warm water 1/2 cup

Directions

1. Pour water, BCAAs, and gelatin packs into a saucepan.
2. Heat on a medium-low setting for around 5 minutes, or until gelatin dissolves and product starts to thicken.
3. Place on a hot pad for a few minutes until final product starts to gel, and then place in molds.
4. Freeze for 15-20 minutes.
5. Pop out final products. Enjoy!