



Sour Coating:

1/4 cup **Sugar**

1/2 tsp **Citric Acid**

Ingredients

1/4 cup **Sugar**

1/4 cup **Corn Syrup** or **Rice Syrup**

1/4 cup **Water**

2 Tbs **Cold Mushroom Liquid**
(20ml water + 10ml mushroom tincture)

1/2 tsp **Flavoring**
(only 1/4 tsp if super strength)

One 1/4oz packet of **Gelatin**
(or 10g **Beef Gelatin**)

Spray of **Non-stick Oil**

1-2 drops **Food Color (optional)**

Prepare a silicone gummy worm mold by lightly coating it in non-stick oil.

Bloom your gelatin by adding the cold mushroom liquid, flavoring and food color to a small bowl, then slowly and evenly sprinkle the gelatin over the liquid in the bowl.

Combine sugar, syrup and water in a small sauce pan and cook on 6/10 heat. Once it reaches 245°F, remove it from the heat. Stir in your bloomed gelatin mixture until it is well mixed. Using a funnel, pour the hot candy mixture into a squeezable condiment bottle. Carefully fill the mold cavities. After about 10 minutes sprinkle some sour coating on top. Once firm enough to remove from molds, toss in sour coating. Let air dry for several days for best texture before storing in an air tight container.

Makes approx 20 wrigglers, with .25g worth of mushroom per worm. (Tincture recipe is on our website.)

Recipe is brought to you by ColoradoMycoLeague.org