

Gummies with Prebiotic Benefits



Featured Ingredient: Tagatose



Method

- Part A**
1. Dissolve sodium citrate in cool hydration water.
 2. Weigh gelatin and pour water mixture over gelatin.
 3. Allow gelatin to hydrate for 60 minutes.
 4. Heat the hydrated gelatin to the point of melting (160-180°F). This might best be achieved by placing in a hot box or hot water bath. A microwave can also be used if care is taken to prevent boiling.
- Part B**
5. Combine water, tapioca syrups, and tagatose.
 6. Cook syrup to 88 brix (approximately 245°F).
- Part C**
7. Gently mix gelatin hydration into cooked syrup.
- Part D**
8. Blend in 50% citric acid solution, red food color, and strawberry flavor.
 9. Take care not to incorporate air when mixing.
 10. Deposit gummy slurry into silicone molds. Allow to set for 1 hour.*
 11. Demold gummies and coat with carnauba wax to prevent sticking.
 12. Allow gummies to dry to 78-80 brix before packaging.

*alternately the gummy slurry can be deposited into starch and allowed to dry in starch.

Gummies Formula

Serving size: 7 Pieces (26g)

	Ingredients	%
Part A	Hydration water (cool)	14.26
	Sodium citrate	0.19
	Fast set gelatin	7.13
	Hydrated gelatin	21.57
Part B	Water	6.19
	Tapioca syrup 40 DE	11.26
	Tapioca syrup 60 DE	50.65
	Tagatose	21.61
	Batch total	89.72
	Cook to 88 brix ~245°	
	Water loss	-8.87
	Cooked syrup total	80.84
Part C	Cooked syrup	80.84
	Gelatin hydration	21.57
	Cooked slurry with gelatin	102.41
Part D	50% citric acid solution	1.87
	Red food color (from carrot and black currant)	0.19
	Natural strawberry flavor	0.3
	Deposit product	104.78
	Carnauba wax	0.19
	Water loss upon drying	-4.96
	Total	100

Tagatose Overview

Tagatose is a rare sugar which tastes and performs like sucrose. It is 90% as sweet as sucrose with 60% fewer calories. With a low glycemic index of 3, Tagatose is Ketogenic Certified and does not raise blood glucose levels when consumed on its own. In addition, it does not promote tooth decay and has been shown to have prebiotic effects.



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