

Zucchini Gummy Candy

A Fun and Easy Zucchini Recipe

recipe by Laurie Neverman • commonsensehome.com/zucchini-gummy-candy

This zucchini gummy candy recipe without jello or pectin tastes like commercial gummy treats with no artificial flavors, colors or refined sugar.

- **Yield:** 2 cups
- **Category:** Snacks
- **Method:** Stove top Cooking/ Dehydrating

Ingredients

- 8 cups zucchini or summer squash, peeled, seeded and cut into roughly 1/2 inch cubes
- 1 can fruit juice concentrate (11.5 ounce)
- 1 can water

Instructions

1. Place cubed zucchini in a large, nonreactive stockpot. Pour in juice concentrate and water.
2. Cook gently until translucent and tender, about 30 minutes.
3. Drain in a colander, spread out on dehydrator sheets so the pieces are not touching.
4. Dehydrate at 135F for 8-12 hours or until tacky but no longer moist, or overnight.
5. Enjoy right away or pack for snacking. For longer storage, place in a sealed container in the refrigerator and eat within one month. Makes around 2 cups.

Notes

This is a good use for overgrown garden zucchini – just cut around the seed cavity.

