

Treasure Barrel

Gummy Bear Refresher – Sweet Fizzy Treat

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Beverage** Course

Ingredients

Main Ingredients

- [ ] 2 cups sparkling fruit juice (apple or mixed berries)
- [ ] 1 cup assorted gummy bears
- [ ] 1/4 cup freshly squeezed orange juice
- [ ] 1 tbsp simple syrup (optional)
- [ ] Ice cubes

Optional Garnish

- [ ] Fresh mint leaves
- [ ] Citrus wheel for rim
- [ ] A pinch of sea salt

Instructions

1. Gather all ingredients and chill the juice beforehand; this keeps the drink bright and cold.
2. Place gummy bears in a small bowl and pour a splash of juice over them; let sit 3-5 minutes to soften slightly.
3. In a pitcher, combine the sparkling juice, orange juice, and simple syrup; stir gently.
4. Fill each glass with ice, add a handful of softened gummy bears, then pour the juice mixture over.
5. Garnish with mint leaves and a citrus wheel; enjoy immediately while fizzy.

Nutrition per serving

180 kcal	0 g	45 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a less sweet drink, reduce or omit the simple syrup.
- For extra zing, add a splash of club soda just before serving.
- Serve immediately to keep the bubbles lively and the bears from dissolving.