



RECIPE

rhino

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Kool-Aid Gummy Ropes



These colorful homemade gummy ropes are soft, chewy, and bursting with fruity Kool-Aid flavor. They're easy to customize with different flavors and colors, making them a fun candy project for kids and adults alike.



PREP TIME
20 min



CHILL TIME
2 hr



DRY TIME
4 hr



TOTAL TIME
6 hr 20 min



YIELD
16
gummy ropes

INGREDIENTS

- 1 cup granulated sugar
- ½ cup light corn syrup
- ¼ cup water
- 2 tablespoons unflavored gelatin
- ¼ cup cold water
- 1 packet unsweetened Kool-Aid (cherry, grape, blue raspberry, tropical punch, or your favorite flavor)
- ⅛ teaspoon salt
- 1 teaspoon lemon juice, optional
- Food coloring, optional
- Cornstarch for dusting

RHINO TIP



Allow the ropes to dry for several hours before storing. This extra drying time helps develop the best chewy texture and prevents the ropes from sticking together.

STEP-BY-STEP INSTRUCTIONS

1



Bloom the gelatin.

In a small bowl, combine the gelatin and ¼ cup cold water. Let stand for 5–10 minutes until fully hydrated.

2



Prepare the syrup.

In a medium saucepan, combine the sugar, corn syrup, ¼ cup water, and salt. Heat over medium heat, stirring until the sugar dissolves completely.

3



Add the flavoring.

Remove the saucepan from the heat. Stir in the bloomed gelatin, Kool-Aid powder, optional lemon juice, and food coloring, if using. Stir until completely smooth.

4



Pour and chill.

Pour the mixture into a lightly greased parchment-lined 8-inch square pan. Refrigerate for about 2 hours, or until firm.

5



Cut into strips.

Turn the gummy slab onto a lightly cornstarch-dusted surface. Using a sharp knife or pizza cutter, cut into long strips.

6



Twist into ropes.

Lightly dust the strips with cornstarch if needed. Twist each strip into a rope shape and place on a parchment-lined tray.

7



Dry and store.

Allow the ropes to air-dry for about 4 hours to develop a chewier texture. Store in an airtight container at room temperature.

TIPS & VARIATIONS

1. For cleaner cuts and easier twisting, lightly dust the ropes with cornstarch before shaping.



2. For brighter colors, match the food coloring to the Kool-Aid flavor, especially when using lighter flavors like lemonade or orange.



3. **Sour Kool-Aid Gummy Ropes:** Dust the finished ropes with a mixture of sugar and citric acid for a sour candy coating.



4. **Sugar-Coated Gummy Ropes:** Roll the dried ropes in granulated sugar for extra sweetness and sparkle.



5. **Extra-Tart Ropes:** Add an additional pinch of citric acid to the candy mixture for a bolder tart flavor.



♥ Family favorites, one recipe at a time. ♥