



Reprinted with permission from [Aloha Kitchen: Recipes from Hawai'i](#) by Alana Kysar, copyright © 2019. Photographs by Alana Kysar and Brooklyn Dombroski. Published by Ten Speed Press, a division of Penguin Random House, Inc.

Li Hing Gummy Bears

1 pound gummy bears
½ cup warm water (85°F)
1 tablespoon [red li hing powder](#) (see note below)

makes 1 pound

If you've ever had sticky li hing gummy bears, you'll know that it's a snack that's hard to quit. What you might not realize is how easy it is to make your own. The secret? Li hing sauce is actually made with just a little warm water. So simple—try it for yourself!

Place the gummy bears in a colander and pour the warm water over them. Gently toss to evenly disperse the water. The gummy bears should make their own “sauce.” Immediately sprinkle the li hing powder onto the bears and transfer to an airtight container to store.

Note: Li hing powder is also great sprinkled on fresh fruits like sliced pineapple, orange wedges, and sliced mango!

ON THE MENU:

Boiled Peanuts, page 205
Prune Mui, page 207
Hurricane Popcorn, page 206
(Recipes not included)

Author's Note:

LI HING MUI AND LI HING POWDER

Li hing mui is a salted dried plum that originated in Guangdong Province, China, and is very popular in Hawai'i today. Sometimes called crack seed, it's sweet, salty, and sour all at the same time. Li hing mui roughly translates to “traveling plum.” People in Hawai'i snack on this or grind it up into a powder and sprinkle it on everything from shave ice (page 172 – *not included*) to gummy bears (page 202/*above*) to fresh fruits. In its ground form, it's called li hing powder. Look for [red li hing mui or li hing mui powder](#); white doesn't have quite the same flavor. My [favorite brand is Jade](#). Store it in an airtight container the same way you store your spices.

© Copyright 2019 Now That's A Mouthful. All Rights Reserved.

**Product prices and availability are accurate as of the first date of publication on our site and are subject to change. Any price and availability information on Amazon.com at the time of purchase will apply to the purchase.*



Reprinted with permission from
Anne Kiyar, Inc.

Photography by
Anne Kiyar, Inc.