



Almost-Famous Conversation Hearts

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



50

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 cups boxes confectioners' sugar plus more for kneading
- 1 tablespoon plus light
- 50 servings food coloring assorted for tinting
- 0.3 ounce gelatin powder unflavored
- 0.1 teaspoon salt
- 0.5 teaspoon vanilla extract

Equipment

- bowl

- baking sheet
- baking paper
- whisk
- plastic wrap
- cookie cutter
- stand mixer

Directions

- Special equipment: Food decorating pens, for writing
- Whisk the gelatin, corn syrup, vanilla, salt and 1/2 cup boiling water in a stand mixer bowl until the gelatin dissolves. Using the paddle attachment, beat in the confectioners' sugar on medium-low speed, 1 cup at a time, to make a stiff, sticky dough.
- Transfer the dough to a clean surface and knead, adding more confectioners' sugar as needed (up to 1 cup), until the dough is smooth, pliable and slightly tacky, about 5 minutes.
- Divide the dough into 4 pieces. Flatten 1 piece into a disk. (Cover the rest with plastic wrap.)
- Add a few drops each of food coloring and extract to the center of the dough; fold in the sides and pinch closed, then knead until the color is distributed.
- Lightly coat a large piece of parchment paper with cooking spray.
- Roll out the colored dough on the parchment until 1/8 to 1/4 inch thick.
- Cut into hearts using 1-inch cookie cutters; transfer to a parchment-lined baking sheet. Repeat with the remaining dough, using different colors and extracts.
- Let the hearts sit at room temperature, uncovered, until dry and hard, about 24 hours, flipping them halfway through. Write messages on the hearts using food decorating pens. Store in an airtight container for up to 1 week.
- Photograph by Sam Kaplan

Nutrition Facts

PROTEIN 0.31% **FAT 0.01%** **CARBS 99.68%**

Properties

Glycemic Index:0.38, Glycemic Load:0.06, Inflammation Score:1, Nutrition Score:0.066956520809428%

Nutrients (% of daily need)

Calories: 151.21kcal (7.56%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 38.67g (12.89%), Net Carbohydrates: 38.67g (14.06%), Sugar: 37.9g (42.11%), Cholesterol: 0mg (0%), Sodium: 7.14mg (0.31%), Alcohol: 0.01g (100%), Alcohol %: 0.04% (100%), Protein: 0.12g (0.24%)