

Fizzy dummies

From the sweeties.net wiki

Fizzy dummies are gummy sweets moulded in the shape of a baby's dummy and coated in sour sugar, so they tingle on the tongue. They are sold loose in pick and mix.

What is in them

Recipes vary between makers. CandyKing, a pick and mix supplier, lists the ingredients of its Fizzy Dummies as:

- **Sugar, glucose syrup and water**, the base of the sweet.
- **Gelatine**, for the chewy set: see [gelatine in sweets explained](#)
- **Lactic, malic and citric acids**, and **sodium malates**, for the sour tingle: see [what is malic acid in sweets?](#)
- **Natural flavourings**.
- **Spirulina, safflower, grape and black carrot concentrates**, and the colours **curcumin** and **paprika extract**: see [natural colours in sweets](#)

CandyKing describes them as palm oil free, made with natural colourants, and gives 62 g of sugar and 0.22 g of salt per 100 g.

Where the fizz comes from

Fizzy sweets can tingle in two ways. Some contain bicarbonate of soda, which reacts with acid on your tongue to give off bubbles of carbon dioxide, like sherbet: see [why do fizzy sweets fizz on your tongue?](#)

CandyKing's Fizzy Dummies list acids but no bicarbonate, so their tingle comes from the sharp, sour coating itself. The sodium malates are partly neutralised acids, which help stop a sour coating turning wet and sticky: see [how are sour sweets made?](#)

Diet and allergies

The CandyKing recipe contains gelatine, which is made from animals, so it is not suitable for vegetarians or vegans. CandyKing also reminds shoppers that pick and mix scoops are used in different boxes, so allergens can move between them: see [pick and mix and allergies](#)

More fizzy sweets

See also [fizzy worms](#) and [fizzy cola bottles](#)

In our pick and mix

We sell [SW018](#) by the 100 g. Recipes differ between makers, so the card opens up to show the full ingredients and allergens for the fizzy dummies we actually stock.

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