AMERICAN · DESSERT · SNACK

# Homemade Sugar-Free Marshmallows

30 min · plus overnight setting and drying · Makes 18 × 2 marshmallows · 6 kcal a portion

Video 13:46 · Victor Prince

Gluten-free ingredients · No dairy listed · No nuts listed

Gelatin whipped with an erythritol, allulose and stevia syrup instead of sugar and corn syrup: no sugar and almost no carbs in two marshmallows.

**Diet notes:** Low carb (0.1 g net carbs) but not keto: 8% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0 g, 0% of the energy); DASH-friendly (40 mg sodium a serve).

**Scan for the video,** full nutrition and more free recipes

## Ingredients

7 · MAKES 18 × 2 MARSHMALLOWS

- [ ] 3 tbsp **beef gelatin**
- [ ] 1 cup **water**, divided
- [ ] 1½ cups **powdered sweetener** (erythritol, allulose and stevia blend)
- [ ] ¼ tsp **salt**
- [ ] ¼ tsp **cream of tartar**
- [ ] 1 tsp **vanilla extract**
- [ ] a little **avocado oil spray**, for the pan

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method

TIMES = THE MOMENT IN THE VIDEO

1. Pour ½ cup of the water into the bowl of a stand mixer, sprinkle over the gelatin, stir it in and leave it to bloom into a thick gel. 1:40
2. Put the rest of the water, the powdered sweetener, salt and cream of tartar in a saucepan over medium heat and stir until it boils and the sweetener has completely dissolved into a clear syrup. 3:40
3. Pour the boiling syrup over the bloomed gelatin and whisk until the gelatin dissolves, then add the vanilla. 7:29
4. Whip on low, turning the speed up a notch at a time to high, then whip 8–10 minutes until thick, white, about tripled in volume and holding stiff peaks. 8:16
5. Spray a 9 inch square pan with avocado oil, scrape in the marshmallow and smooth it as flat as you can. Leave it at room temperature, loosely covered with paper towels, overnight to set. 8:42
6. Run a butter knife around the edge, flip the slab onto a board and cut it into 6 rows each way (36 marshmallows) with a serrated knife. 10:57
7. Leave the pieces out to air-dry, turning them so every side dries, then store in an airtight container at room temperature — the fridge can make them crystallise. 12:05

> **Tip** Use 1 more tbsp gelatin for very firm marshmallows, as the cook suggests. They toast with a torch or over a campfire. The count is our estimate: he says to expect six rows, so 6 × 6 gives 36.

The method is a summary in our words — the video shows every step.

## One portion (2 marshmallows) gives you

1 OF 18 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 6 kcal<br>30 kJ | 1.3 g<br>3% of a day | 0.1 g<br>0.1 g net · 0 g sugars<br>0% of a day | 0 g<br>0% of a day | 0.1 g<br>0 g saturated<br>0% of a day | 40 mg<br>2% of a day |

**Energy from** net carbs 6% · protein 80% · fat 14% — very low carb (under 10% of the energy from carbs)

**Recipe and video:** Victor Prince (@southernketo) on YouTube — youtube.com/watch?v=ykcRoZaUUSs, published 29 October 2024. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sugar-free-gelatin-marshmallows