



MARSHMALLOWS

Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	1 gm Knox® gelatin powder	0.3 (+0.3 gm fat)
	12 gm raw egg white, whipped	0.7 (+0.7 gm fat)
Carbohydrate	1.2 gm crushed graham cracker	1
Other	¼ tsp. Da Vinci® sugar free vanilla syrup 4 gm erythritol 1 tsp. water	

DIRECTIONS

- In a small pan, combine the gelatin powder, vanilla syrup, erythritol, and water.
- Stir over a medium flame until hot and dissolved.
- Grease a mini square or circle shaped silicone mold with nonstick cooking spray.
- Using an electric mixer, whip egg whites until very stiff peaks form.
- Weigh the whipped egg whites in a separate bowl using a gram scale.
- While whisking with the electric mixer, gently pour the hot gelatin into the weighed whipped egg whites. The hot gelatin will cook the egg whites to a safe temperature, but the whisking process will keep them from scrambling.
- The batter should become shiny and fluffy.
- Scoop the marshmallow batter into the greased molds dividing evenly.
- Cover with plastic wrap and place in the refrigerator for a few hours until solid.
- Serve chilled.

VARIATIONS

- This recipe should only be stored in the refrigerator for up to 2 days, otherwise the marshmallows will deflate.
- This recipe can be stored in the freezer for up to 2 months. To defrost, place marshmallows in the refrigerator overnight.
- Jell-O sugar free gelatin powder can be used in place of Knox to add additional flavor (ex: strawberry marshmallows).
- This recipe does not contain any fat, therefore will need to be consumed on the side according to your personal meal plan.
- **These marshmallows will melt when near an open flame, do not heat.**