

# MARSHMALLOW TREATS

*I was inspired to make this recipe when my nephew, Noah, came to visit family in Canada. He loves hot chocolate with marshmallows! These homemade marshmallows are made with honey instead of sugar. They're easy to make with only a few ingredients! You'll be surprised how much they taste like the store bought kind, but without added chemicals and preservatives. Eat them alone as a sweet treat, in hot chocolate or even use them to make Rice Krispy Squares. Recipe is adapted from Wellness Mama.*

## Ingredients

- 4 tablespoons gelatin powder
- 1 cup water
- 1 tablespoon Marshmallow Root (available at health stores)
- 1 cup honey
- 1 teaspoon vanilla extract



## Directions

Bring water and marshmallow root to a boil. Simmer for 5 minutes, stirring well.

Let cool, then strain the root. If the liquid left doesn't

equal a cup, add some water. Pour  $\frac{1}{2}$  cup of water/marshmallow mixture into a large bowl, add gelatin and mix well.

Pour the other  $\frac{1}{2}$  of water/marshmallow mixture into a small saucepan and add the honey. Bring the water and honey to a boil, stirring constantly for 8 minutes. Remove from heat and slowly pour the water/honey into the bowl with the gelatin. With a hand mixer on medium speed blend the 2 mixtures. When blended turn mixer to high speed and mix for 10 to 15 minutes, or until it forms a stiff cream with gentle peaks. Line a 9 x 13 inch baking dish with parchment paper (or coat with non-stick spray) Pour the whipped marshmallows into the baking dish. Let sit for at least 4 hours, overnight is best. Flip onto a cutting board and cut into 1 inch pieces with a well-oiled knife. Store the marshmallows in an airtight container at room temperature for up to one week.

**Do not store in the refrigerator.**

## Nutritional Information (for 2 pieces)

20 calories, 0.4 grams protein, 0.2 mg sodium, no fat, no cholesterol, 5 grams carbohydrates

