

Allulose Heart Marshmallows

Prep: 10 min Cook: 0 min Total: 30 min Servings: 15

Calories: 21 Fat: 0g Protein: 0g Carbs: 1g Fiber: 0g

Ingredients

- 1 cup BBF Allulose Sweetener Blend
- 1/4 cup water for the syrup
- 1 packet of gelatin
- 1/3 cup cold water for the gelatin
- 1/4 tsp salt
- 1 tsp vanilla
- 2 cups zero calorie powdered sweetener
- food coloring of choice
- 1 tsp BBF Avocado Oil

Directions

1. Add 1/3 cup cold water to the bowl of a stand mixer and sprinkle the gelatin evenly over the surface. Let bloom for 5 minutes.
2. While the gelatin blooms, add the allulose to a medium saucepan and drizzle with 1/4 cup water. Place over medium heat and bring the mixture to 230 degreesF. Remove from the heat immediately and use right away.
3. With the mixer running on medium speed, slowly pour the hot allulose syrup into the bloomed gelatin. Once fully incorporated, increase the speed to high and whip for 10-12 minutes, until the mixture holds stiff peaks. Add the salt, vanilla extract, and gel food coloring, and mix until combined.
4. Transfer the mixture to a piping bag and pipe onto lightly greased parchment paper that has been generously dusted with powdered sweetener. Let dry for at least 8 hours.
5. Enjoy your Allulose Heart Marshmallows!