

# Toastable Marshmallows

THM-Friendly: FP

- 1/3 cup water
- 2 Tbsp. gelatin
- 1/2 cup water
- 1 cup erythritol
- splash of vanilla extract



Combine 1/3 cup water and gelatin. Let sit until a somewhat firm texture.

Put 1/2 cup water and erythritol in a saucepan. Heat up until it dissolves. Let simmer then cook for 2-3 minutes. It should be a minimum of 100°, although, at this point, it's probably over 200°.

Put your firmed-up gelatin in a stand mixer. Slowly drizzle the syrup into the stand mixer as it is whisking the gelatin. Add a splash of vanilla and mix on high for 7-10 minutes.

After it becomes like marshmallow fluff, spread it in a parchment-lined pan of your choice. I used 9x13". Let it sit on the counter and dry out some. It will be just about perfect in 3-4 hours.

They must dry out a fair amount to be perfectly toastable!

enJOY!

