



BASE SUGAR-FREE MARSHMALLOW RECIPE

Ingredients:

- 3 packets unflavored gelatin (such as Knox)
- ½ cup cold water (for blooming gelatin)
- 1 cup allulose (or a blend of allulose + monk fruit – this melts and behaves most like sugar)
- ½ cup water (for syrup mixture)
- Pinch of sea salt
- 1 tsp vanilla extract (or maple extract for a holiday vibe)
- Optional: 2–3 tbsp collagen peptides (extra gut/skin support)

Instructions:

In a small bowl, sprinkle gelatin over ½ cup cold water. Let bloom for 5 minutes.

In a saucepan, combine allulose, ½ cup water, and a pinch of sea salt. Bring to a boil over medium heat and cook until it reaches 240°F (soft ball stage).

With a stand mixer on low speed (your teal KitchenAid!), slowly pour the hot syrup into the gelatin mixture.

Increase speed to high and whip for 8–10 minutes until thick, glossy, and tripled in volume.

Add vanilla (or maple extract) and whip briefly to incorporate.

Pour into a greased, parchment-lined 8x8 pan. Smooth the top, let set at room temp 4–6 hours.

Cut into squares with a sharp knife. Dust with powdered allulose or arrowroot to prevent sticking.