HEALTHY TIPS

Healthy Homemade DIY Marshmallow We All Should Definitely Try!

By bestfolkmedicine · 11/03/2019 · 2 min read



Even though store-bought marshmallows are one of the favorite sweet treats in the US, but elsewhere too, they are not the healthiest food. In fact, they are nowhere near healthy- they are full of added sugar, i.e. one piece of marshmallows has 4 grams of sugar and there is rarely someone who can stop at one piece only, right?

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });
So, we can easily eat a cup of marshmallows which is actually around 30 grams of sugar and 400 empty calories! Oh, no!

Unfortunately, excessive sugar consumption can cause weight gain, but numerous other health problems, including diabetes, cardiovascular issues, high cholesterol, poor oral health, and even cancer.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });
Therefore, it is best to stay away from these and similar sugar-rich sweets. If you still want to enjoy marshmallows, but in a healthy way, stay with us! We will present a recipe for healthy marshmallows without all that excessive sugar. They taste like the original marshmallows, but are actually good for you.

Homemade Healthy Marshmallows

You will need the following ingredients:

½ tsp of vanilla extract

½ cup of organic honey

1 ½ tbsp of gelatin

½ cup of cold water

½ tsp of sea salt

A loaf pan

Parchment paper

Butter

Preparation:

Grease the loaf pan a bit with butter and then add the parchment paper. Grease the paper too. Leave it aside.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });
Now, add ¼ cup of water in a bowl and mix it with the gelatin. Leave it to soften. In a pot, mix the remaining water, honey, and salt. Bring it to cook on medium heat. Use a thermometer to measure

the temperature of the mixture- it needs to reach 240 degrees Fahrenheit.

This is achieved approximately from seven to eight minutes of cooking. Now, remove the pot from the heat and use a hand blender to combine this mixture and the gelatin together. Add the vanilla extract on blend on high speed to make a thick mixture.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });
Transfer it into the pan and leave it overnight so that it can dry. Once it hardens, cut it into any shape you want and serve.

Enjoy! Remember to keep it in the fridge.

Extra tip: ***Once you have cut them in the desired shapes, roll them in cocoa powder for an additional deliciousness!***

Sources:

BEST HERBAL HEALTH

STYLE WE

Read online: https://bestfolkmedicine.com/2019/03/healthy-homemade-diy-marshmallow-we-all-should-definitely-try/
Downloaded on 23/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.