

Aquafaba Marshmallows

This recipe makes about 10 cups-about 64-2"x1 1/2 " marshmallows



Ingredients

1 cup aquafaba (liquid from chickpeas)
1/2 tsp cream of tartar
1/4 cup vanilla extract
1 1/3 cup water
2 tbsp agar agar powder
2 1/2 cups sugar

Directions:

1. In a mixing bowl, combine the aquafaba and cream of tartar. Using a hand or stand mixer, beat the mixture until stiff peaks form, about 6 minutes.
2. Once you have stiff peaks, add the vanilla and mix again for about 3 minutes
3. Meanwhile, prepare the agar agar simple syrup. In a saucepan, bring the water and agar agar to a boil, for 3 minutes stirring constantly. Add the sugar and continue boiling and stirring for about 3 more minutes until the sugar dissolves, forming a simple syrup.
4. With the mixer on a slow speed, slowly pour the agar agar syrup into the aquafaba mixture, ensuring it is fully incorporated. The final mixture should have a slightly glossy appearance.
5. Add parchment to your trays
6. Spoon the marshmallow mixture onto your trays
7. Add divider in 40 portion setting
8. Freeze dry (my cycle time was 32 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Notes: Add flavoring like cinnamon or cocoa powder. These freeze-dried aquafaba marshmallows make a great sweet treat. You could add them to coffee or hot cocoa, but they do dissolve

Nutritional Value Per 1 marshmallow (about 2"x 1 1/2 ")

Calories: 33 Protein: 0 g Fat: 0 g Carbohydrates: 8 g Sugar: 8 g Fiber: 0 g