



## Marshmallow Fluff

*This is just as you remember it in that tall glass jar—fluffy, airy, and oh-so-goopy. The secret is the xanthan gum, which really brings it all together.*

### INGREDIENTS

- 2/3 cup (160 ml) xylitol, measured and then ground to a powder in a coffee grinder or spice grinder
- 1/2 cup (120 ml) well chilled aquafaba
- Pinch fine sea salt
- 2 tsp (10 ml) pure vanilla extract
- 1 tsp (5 ml) xanthan gum

### INSTRUCTIONS

In a clean bowl with clean beaters, combine the aquafaba, xylitol and salt. Begin beating and continue to scrape down the sides, beating constantly, until the mixture attains firm peaks. This will take anywhere up to 15 or 20 minutes, depending on your aquafaba and the humidity in the air. The mixture will appear still and hold firm peaks; at that point, keep beating for about another 5 minutes, until it is very thick, glossy, and firm.

Sprinkle the xanthan gum over top and incorporate on low speed, then move to high speed until the mixture becomes thicker and goopy. It will climb up the beaters and you may need to scrape them down once or twice before everything is incorporated.

Use the marshmallow fluff right away for S'Mores, Fluffernutter sandwiches (with almond butter, of course), atop ice cream, or any other way you like. Store in an airtight glass container up to 3 days (the longer it sits in the fridge, the more likely that it will form xylitol crystals, however).