



## MARSHMALLOW TREATS



**Prep Time:** 10

**Cook Time:** 15

**Serves:** 4

**Directions:**



1. Combine 1/2 C of water with the marshmallow root, mix well, and set aside for 5 minutes.
2. Meanwhile, measure your arrowroot powder and set it aside. Place your honey in a mixing bowl and bring the remaining 1/2 C of water to a boil. Add the boiling water to the honey and mix well with a hand mixer.
3. Add your arrowroot powder to the marshmallow root and combine it well.
4. Slowly with your hand mixer, add the arrowroot mixture to the honey mixture in small amounts, increasing the speed until it reaches high speed and it has formed a stiff cream-like consistency like marshmallow cream with soft peaks.
5. At this point, you can add an optional 2 tsp of beetroot juice if you want pink marshmallows or elderberry syrup for a purple color with immune benefits.
6. Grease a 9×13 baking dish with coconut oil, ghee, or parchment paper. Spread the whipped marshmallow root across your dish leaving room on the sides of the dish so that you can pull it out easily. Let sit at room temperature (no refrigerator) for 4 hours or overnight.
7. Flip over onto a cutting board and cut with a pizza cutter or an oiled knife. Store in a container at room temperature and enjoy!

**Ingredients:**

- 1 Tbsp. of marshmallow root powder
- 1 tsp. vanilla
- 1 cup of water (divided)
- 1 cup honey
- 1/4 cup of arrowroot powder

Make your children a naturally sweet treat without all the chemicals, coloring, and preservatives that make our children hyperactive. My herbal studies were back in 2008 and we didn't take pictures of our food like we do today, so I don't have an image of these treats. However, this post inspired me to make them again.