

Keto Marshmallow Delight

Indulge in a creamy, sugar-free marshmallow treat that's perfect for your keto lifestyle. This delightful recipe combines the fluffiness of marshmallows with rich chocolate and crunchy nuts, making it a perfect low-carb dessert.


40 min

Total time

easy

Difficulty

220

kcal / serving

Ingredients

- 1/4 cup unsweetened almond milk
- 1/4 cup sugar-free marshmallow fluff
- 1 tbsp unsweetened cocoa powder
- 1 tbsp powdered erythritol
- 1 tbsp chopped pecans or walnuts
- 1/2 tsp vanilla extract
- Pinch of salt

Steps

- 1 In a small saucepan over low heat, combine the almond milk, marshmallow fluff, cocoa powder, and erythritol. Stir until smooth and well combined.
- 2 Add the vanilla extract and a pinch of salt, mixing thoroughly.
- 3 Remove from heat and let the mixture cool slightly.
- 4 Stir in the chopped nuts for added crunch.
- 5 Pour the mixture into a small bowl or mold and refrigerate for about 30 minutes until set.
- 6 Once set, enjoy your delicious keto marshmallow delight!