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Plant-based Matcha Marshmallows

CATEGORY Sugar Confectionery
NUTRI SCORE D (ORANGE)

INGREDIENTS

Phase	Ingredient	Function	Weight (%)
A	Water	Solvent	10
	Sugar	Provides sweetness, & foam stability	50
	Glucose syrup	Prevents crystallization	20
	Agar-agar	Gelling agent, provides elastic texture	1.7
B	Aquafaba	Foam stabilizer	11.4
	Native corn starch	Thickener and anti-caking agent	5
	Xanthan gum	Foam stabilizer	0.7
	Cream of tartar	Provides acid to stabilize aquafaba	0.7
	Matcha	Taste & color	0.5



METHOD

- A Mix the agar-agar with cold water for 3 minutes, then add the other ingredients and cook to 115°C without stirring. Leave to cool.
- B Whisk aquafaba, xanthan and cream of tartar for 5 minutes at medium shear and 7 minutes at high shear. Slowly add Phase A and starch. Whisk at high speed for 10 minutes and add matcha. Pour into a cup that has been dusted with a mixture of icing sugar and starch, cover and let rest for at least 6 hours.

NUTRITION FACTS (100 g)

Energy	1152 kJ / 275
Fat	kcal
of which saturates	< 0.5 g
Carbohydrates	< 0.5 g
of which sugars	67 g
Dietary Fiber	61 g
Protein	0.7 g
Salt	< 0.5g

HIGHLIGHTS

- Plant-based
- No artificial colorants
- Antioxidants from matcha
- Gluten-free

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