



Cooking
in the
Kitchen
at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
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S'mores Parfaits with Homemade Marshmallow Cream

Serves 4

Ingredients:

- 1 cup marshmallow cream (*see recipe below*)
- 8 graham cracker sheets (or 16 squares)
- ½ cup milk chocolate chips
- ½ cup mini marshmallows

Directions:

1. Crush the graham crackers and set aside.
2. In individual cups start with a layer of graham crackers. Then top each with about ¼ cup of marshmallow cream, 1 tablespoon chocolate chips, and 1 tablespoon of mini marshmallows. Finish with a sprinkle of graham cracker crumbs.

Homemade Marshmallow Cream Makes approx. 2 cups

Ingredients:

- 1/4 cup plus 2 tablespoons water
- 3/4 cup granulated sugar
- 3/4 cup light corn syrup
- 3 egg whites
- 1/2 teaspoon cream of tartar
- 1/8 teaspoon salt
- 1 teaspoon pure vanilla extract

Directions:

1. Place the water, sugar, and corn syrup in a medium saucepan. Warm over medium-high heat until the mixture reaches 240°F on a candy thermometer, typically 10 to 15 minutes. Watch the mixture carefully!
2. While the sugar is heating, in a mixer, using the whisk attachment beat the egg whites until foamy. Then add the cream of tartar and salt and whip until soft peaks form.
3. Once the sugar is at temperature, remove from the heat. Turn the mixer on high and then slowly pour the sugar into the egg white mixture. Whip the mixture for 7 to 8 minutes and then add the vanilla, continue to mix until the mixture is thickened and peaks form.
4. Use immediately or store in an airtight container in the refrigerator for up to 2 weeks.