



Ingredients

1¼ cup **Sugar**

½ cup **Corn Syrup** or **Rice Syrup**

⅓ cup **Water**

Two ¼ oz packets of **Gelatin**
(or 17 grams of **Beef Gelatin**)

1 packet of **Drink Mix**
(or ½ tsp of flavoring)

79 ml **Cold Mushroom Liquid**
(16 ml Mushroom Tincture + 63ml Water)

Spray of **Non-Stick Oil**

Dusting of **Corn Starch** or **Potato Starch**
Food color (optional)

In a small bowl bloom the gelatin in the cold mushroom liquid.

Line a square pan (*or a 6x6 square box*) with aluminum foil and spray with non-stick oil. Then dust the oiled pan with your starch.

In a saucepan combine the sugar, syrup and water. Heat over medium heat until mixture reaches 245°. Remove from the heat. Add gelatin, hot sugar solution and flavoring to a bowl mixer with a whisk attachment. Whisk at full speed for about 5 minutes or until it gets to your desired puffiness. Pour into the dusted pan (*or box*). Once fully set, cut into 16 cubes. Each mallow will contain approx .5g of mushroom. (Tincture recipe is on our website)

Recipe is brought to you by ColoradoMycoLeague.org