

Marshmallow Nut Butter Bars

Created by Kristy Regan for the NCM SIBO Lab

These bars were created from adapting the following recipes: [Paleo Marshmallows](#) & Peanut Butter Brownies from [Breaking the Vicious Cycle](#).

For the Nut Butter Bars:

- 2 cups peanut butter or other nut butter
- 1 cup honey
- 2 eggs
- ½ t baking soda
- Coconut oil or ghee for oiling pan

1. Oil a 9x13 or similar size rectangular pan.
2. In a mixing bowl, combine nut butter, honey, eggs and baking soda and mix thoroughly.
3. Bake at 350 degrees for 25-30 minutes or until middle is set.
4. Remove from oven and cool. While bars are cooling, begin to make marshmallows.

For the Marshmallow topping:

- 1 cup water, split into ½ cups
- 3 T grass fed gelatin (Great Lakes brand recommended)
- 1 cup clover honey
- 1 t vanilla
- ¼ t salt

1. Preheat oven to broil.
2. Add ½ cup of water to the bowl of a standing mixer.
3. Sprinkle gelatin over water and let sit.
4. In a medium sauce pan, add and mix ½ cup water, honey, vanilla and salt.
5. Bring the contents to boil over medium high heat.
6. Boil for 7-8 minutes or until the mixture reaches 240 degrees on a candy thermometer.
7. Carefully pour mixture into the gelatin in the standing mixer and turn mixer to high.
8. Beat the mixture on high for approximately five minutes or until becomes thick and white.
9. Pour the mixture over the cooked nut brownies.
10. Put marshmallow nut brownies in the oven/broiler for approximately 3-4 minutes or until marshmallow is golden brown.
11. Remove from oven and let cool.
12. Slice and serve.