

What are foam sweets made of?

From the sweeties.net wiki

Foam sweets are the soft, squashy sweets of the pick and mix counter: foam shrimps and foam bananas among them. They are light because they are mostly air, and they are made in much the same way as marshmallow.

A family of aerated sweets

Marshmallow is an aerated sweet. It is a foam, a liquid with gas bubbles spread all through it, and a marshmallow is about 50 per cent air. It is made from four basic things: sugar, water, air and a whipping agent, usually a protein. The two proteins most commonly used are albumen, from egg whites, and gelatine. The protein holds the bubbles in place so the gas cannot escape before the sweet sets.

Foam sweets work in the same way. A sugar and glucose syrup is whipped with a protein, often gelatine, until it is full of air, then flavoured, coloured and shaped.

What is in them

Recipes vary from maker to maker. Two retailers' published ingredients lists for foam shrimps show how:

- One lists sugar, glucose syrup, pork gelatine, citric acid, flavouring and beetroot red colour, with a warning that the sweets may contain traces of nuts and peanuts.
- Another lists sugar, glucose syrup, water, pork gelatine, sorbitol, flavouring, carmine as a colour, vegetable oils, and beeswax and carnauba wax as glazing agents.
- A third, Barratt's as listed by The Candy King, uses beef gelatine instead, with dextrose, cornflour and beetroot red: see [foam shrimps](#)

So foam sweets can contain several animal ingredients: gelatine, from pig in the first two listings and from cattle in Barratt's, carmine, a red colour made from insects, and beeswax: see [what sweets have pork gelatine?](#), [what is carmine?](#) and [what is beeswax on sweets?](#)

How marshmallows are shaped

Marshmallows used to be shaped by hand. In the late 19th century, sweet makers began using the starch mogul system, pressing shapes into trays of starch and filling the hollows with the whipped mixture to set.

Vegetarian and vegan foam sweets

Foam sweets made with gelatine are not vegetarian or vegan, and those with pork gelatine are not halal or kosher. The pack or the ingredients information is the only reliable guide: see [what sweets are gelatine free?](#)

We sell [SW026](#) and [SW028](#) by the 100 g. Recipes differ between makers, so each card opens up to show the full ingredients and allergens for the foam sweets we actually stock. Pink and white mice are not foam sweets at all: see [pink and white mice](#)

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