

Foam bananas

From the sweeties.net wiki

Foam bananas are soft, airy sweets shaped like small bananas, coloured yellow and flavoured to taste of banana. They belong to the family of foam sweets, which are made much like marshmallow: see [what are foam sweets made of?](#)

What is in them

Two UK listings give almost the same recipe.

Barratt Mini Foam Bananas, as listed by The Candy King. Sugar, glucose syrup, water, dextrose, beef gelatine, maize starch, curcumin as a colour, and flavourings.

Foam Bananas, as listed by Sweets and Candy. Sugar, glucose syrup, water, dextrose, beef gelatine, maize starch, curcumin as a colour, and flavouring.

Why they are so light

Foam sweets are made by whipping a hot sugar syrup with gelatine, which traps air bubbles and holds them in place as the sweet sets. Marshmallow, which is made the same way, is about half air: see [how are marshmallows made?](#)

The colour and the taste

The yellow comes from curcumin, the pigment that makes turmeric yellow, which carries the E number E100. Neither recipe lists any banana, so the taste comes from flavouring: see [how are sweets flavoured?](#)

Diet and allergy points

- **Gelatine.** Both recipes use beef gelatine, so foam bananas like these are not suitable for vegetarians or vegans: see [gelatine in sweets explained](#)
- **Halal.** Neither listing says the gelatine is halal. Beef gelatine is only halal if it comes from cattle slaughtered according to Islamic law: see [a guide to halal sweets](#)
- **Milk.** Neither recipe lists milk.
- **Gluten and other allergens.** Neither recipe lists wheat, but Sweets and Candy says its sweets are packed where wheat, gluten, soya, milk, peanuts and nuts are handled: see [pick and mix and allergies](#)

Foam cousins

Barratt also makes foam shrimps, and the listings for those show how much foam recipes can vary from one maker to the next: see [foam shrimps](#)

In our pick and mix

We sell [SW026](#) by the 100 g. Recipes differ between makers, so the card opens up to show the full ingredients and allergens for the foam bananas we actually stock.

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