

Flumps

From the sweeties.net wiki

Flumps are Barratt's twists of marshmallow: soft, vanilla flavour mallow, twisted and wrapped one by one. The Candy King describes Barratt's as light, airy, 20 g twists made with natural colours and flavours. For the marshmallow family as a whole, including its history, see [marshmallows](#)

What is in them

Barratt Flumps, as listed by The Candy King. Glucose fructose syrup, sugar, water, pork gelatine, cornflour, flavouring, and the colours curcumin and beetroot red. An Open Food Facts record for Barratt's Flumps minis, updated in July 2026, lists the same ingredients.

Flumps, as recorded by Open Food Facts in 2024. A record that does not name the maker lists sugar, glucose syrup, glucose fructose syrup, gelatine, maize starch, flavouring, curcumin, and beetroot juice concentrate. It does not say which animal the gelatine comes from.

Why they are soft

Like other marshmallows, Flumps are a sugar syrup whipped full of air with gelatine, which traps the bubbles as it sets. Marshmallow ropes are made by extrusion, which pipes the mixture out through tubes: see [how are marshmallows made?](#)

The colours

The yellow is curcumin, the pigment that colours turmeric, and the pink is beetroot red, a colour obtained from beets: see [natural colours in sweets](#)

Diet and safety points

- **Pork gelatine.** Barratt's Flumps are made with pork gelatine, so they are not suitable for vegetarians, vegans, or anyone who eats only halal or kosher food: see [what sweets have pork gelatine?](#)
- **Choking.** The 2024 record's label says the sweets are not suitable for children under 36 months, and warns that the wrapper should be kept away from babies and small children.
- **Toasting and melting.** Flumps melt like other marshmallows: see [how to melt marshmallows](#)

In our pick and mix

We sell [SW050](#) by the 100 g. Recipes differ between makers, so the card opens up to show the full ingredients and allergens for the marshmallow twists we actually stock.

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