

Coconut mushrooms

From the sweeties.net wiki

Coconut mushrooms are small sweets shaped like mushrooms and coated in desiccated coconut. The name is all about the shape: there is no mushroom in them.

What is in them

Coconut Mushroom, as recorded by Open Food Facts in December 2025. Sugar, glucose syrup, desiccated coconut (24 per cent), maize starch, gelatine, palm oil, fat reduced cocoa powder, plain caramel as a colour, and flavouring. The pack also carries a German description, calling it a coated sweet in the shape of a mushroom.

How the recipe works

- **The body.** Sugar, glucose syrup and maize starch make up the body of the sweet, set with gelatine: see [gelatine in sweets explained](#)
- **The coat.** Desiccated coconut, nearly a quarter of the sweet, coats the outside.
- **The colour.** Fat reduced cocoa powder and plain caramel, a colour made by heating sugar, add colour and flavour.
- **The fat.** Palm oil: see [palm oil in sweets](#)

For another coconut sweet, the pink and white slab made with desiccated coconut, see [coconut ice](#)

Diet and allergy points

- **Gelatine.** The recipe here contains gelatine, so it is not suitable for vegetarians or vegans, and the record does not say which animal it comes from.
- **Coconut.** Coconut is not one of the tree nuts named in the UK's list of 14 allergens, which covers almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios and macadamias. So coconut will not be emphasised on a label the way those nuts are, and anyone who reacts to it needs to read the full ingredients list: see [the 14 allergens explained for sweets](#)
- **Check the pack.** A single record is a snapshot; recipes change: see [how to read a sweet label](#)

In our pick and mix

We do not sell coconut mushrooms. Each sweet we do sell has a card that opens up to show its full ingredients and allergens.

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