

Low-Carb Candied "Yams" with Marshmallows

Hands-on 15 minutes Overall 35 minutes

Nutritional values (per serving): Total carbs: 5.7 g, Fiber: 0.61 g, **Net carbs: 5.1 g**,

Protein: 3.8 g, Fat: 12.3 g, Calories: 141 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



see on the photo above, this batch was left in the oven for a bit too long (1-2 minutes more than needed).

Ingredients (makes 4 servings)

1/3 batch of low-carb marshmallows (without chocolate and coconut), the [recipe for Healthy Low-Carb Marshmallows](#) is here

1/3 large pumpkin (I used Hokkaido), either diced or try my [Home-made Pumpkin Purée](#) for a smoother texture (300g / 10.5 oz)

1/3 cup butter, grass-fed, unsalted (60g / 2.1 oz)

optional: sweetener of choice (2 tbsp [Erythritol](#) or 5-10 drops [liquid Stevia](#) or any other healthy [low-carb sweetener from this list](#))

Other alternatives to pumpkin

sweet potato / "yam" (add 8.3 g net carbs per serving)

butternut or coquina squash (add 2.7 g net carbs per serving)

Note: When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Preheat the oven to 200 °C/ 400 °F. Peel, deseed and dice the pumpkin into small cubes. Place in a pot filled with hot water and boil for about 10 minutes.
2. When done, drain and place in a baking dish. Top with the butter and place the pumpkin in the oven for about 15 minutes. When done, remove from the oven and set aside. *Note: You can also use small ramekins for individual servings. I didn't use any sweetener, but you can sprinkle the pumpkin with some Erythritol or a few drops of stevia.*
3. Meanwhile, prepare the marshmallow cream according to my [Healthy Low-Carb Marshmallows](#) recipe. To make 4 servings of candied "yams", you'll need to make 1/3 of the marshmallow cream. *Note: You can also use previously prepared marshmallows.*
4. Switch the oven to grill. Top the pumpkin with the marshmallow cream and spread evenly.
5. Place in the oven for 5-10 minutes. The time depends on your oven. *Note: I'd suggest you watch it at all times until it starts to brown. It's very easy to burn the marshmallow topping. As you can*

6. When done, remove from the oven. Serve either warm or cold. You can even reheat it later if needed. *Note: I made a large batch and kept in the fridge for 3 days. I'd suggest you only make enough for 1-2 days. The marshmallow topping gets dry. Enjoy! :-)*

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