

Meringues



Ingredients

1 lb White Sugar
8 Eggs

Directions

Preheat oven to 225°F.
Separate the eggs. Whisk the egg whites until stiff.
While whisking gradually add all the sugar. Mixture should be thick and stiff.
Place into piping bag and pipe shapes onto parchment paper lined baking pans.
Bake in oven for 1 hour. Turn off oven. Leave pans in oven for 15 minutes more with door ajar. Allow to cool completely and remove from paper. Store covered.

Notes

Pipe meringue into nests to fill with fruit, ice-cream and cream.
Pipe “stars” (As in photo) and “sandwich” together with whipped cream.
Be creative and have fun - eat them up and enjoy! They’re also fat free, so have a couple!

