



---

# MERINGUES

---

Preheat the oven to 250°F / 120°C, and line a baking sheet with parchment.

Using the KitchenAid® 5 Cup Food Chopper, insert the whisk accessory into the work bowl. Adjust lever to puree mode.

Add egg whites and salt to the work bowl and secure the lid. Process for 15 seconds to form a froth. Add cream of tartar, and process again for 15 seconds. Add half the powdered sugar and process another 15 seconds. Add remaining powdered sugar and vanilla, and continue processing for 5 full minutes or until stiff peaks form. Meringue will cling to a spoon when held upside down.

Add meringue to a piping bag or drop spoonfuls onto prepared cookie sheets. Bake 1 hour, turn off oven and allow to stand in the oven another 1 hour.

Chefs note - for colored cookies, add a drop of food coloring to mixture once it's formed the peaks. Cookies can be dipped in chocolate or icing and decorated with sanding sugar or sprinkles.

## INGREDIENTS

---

3 large egg whites at room temperature  
1/8 teaspoon salt  
1/4 teaspoon cream of tartar  
3/4 cup powdered sugar  
1/2 teaspoon vanilla extract  
Optional - food coloring, icing, sanding sugar or sprinkles

---

MAKES 20 COOKIES

---

NUTRITION - 100g (3.5 oz)

---

197 calories	43g carbs	0mg cholesterol
.2g fat	6g protein	267mg sodium