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# Meringue Cookies

Make sure it is a clear day when making these cookies! These are fun cookies to add to cookie trays or to have around for a simple pop in your mouth snack.

They are gluten free and fat free – but definitely not sugar free!

## Ingredients

- 1 C (250 g) Egg Whites
- 500 g (2.5 C) Granulated Sugar
- ½ tsp Cream of Tartar
- 1 tsp Vanilla Extract

## Technique

- Separate eggs – one at a time being sure not to get any yolk into the whites. Separate the eggs while cold to make it easier and then leave the whites aside to come to room temperature
- Process the sugar in a food processor for one minute in pulses so that it is a finer texture. For class, this step was already done for you with the sugar in the kit.

## Technique Continued

- Place egg whites into the bowl of the mixer or a large bowl if using a stand mixer.
- With the whip attachment, whip on medium high speed until foamy. Sprinkle in the cream of tartar and whip on high speed to stiff peaks.
- Once the egg whites are stiff peaks then gradually start adding the sugar. Add 2 Tbsps at a time and mix for about a minute until back to stiff peaks. When getting closer to adding all of the sugar, it may take longer than 1 minute to come back to stiff consistency.
- Once all of the sugar is in, add the vanilla (or other flavor) and mix for about 3 – 5 minutes until super fluffy. If coloring all one color – add color at this point too.
- Preheat oven to 225°F
- Place in piping bags and pipe desired shapes onto parchment lined baking sheet – keeping similar sizes on each baking sheet.
- Bake for 45 minutes – check to see if the cookies pull off of the parchment – if not – bake an additional 15 minutes and test again. Once bakes, leave the cookies in the oven and turn it off. I generally leave them in the oven overnight – but at least 2 hours.