



BETH WARREN

NUTRITION

Meringue cookies

INGREDIENTS

4 egg whites, room temperature
½ tsp cream of tartar
Pinch of salt
1 tsp vanilla extract
¾ cup of sugar
1-2 drops of food coloring, optional

INSTRUCTIONS

Preheat the oven to 225 and line two cookie sheets with parchment paper. Pour the room temperature egg whites into a stand mixer, mixing on low until foamy. Once foamy, add in cream of tartar and salt. Mix on high and add in vanilla. Every 20 seconds add a tablespoon of sugar into the mixture.

(Optional- Put drops of food coloring until the desired color is reached). Keep mixing on high speed until it reaches stiff peaks. Carefully spoon the mixture into a piping bag and pipe your meringues onto a tray. Cook in the oven for one hour and let cool in the oven, be sure to not open it as this will disturb the process.