



Vegan Meringues

Jacob · 29/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

2 hrs 15 mins

Description

This vegan meringue cookies use the liquid from a tin of chickpeas as a substitute for egg whites genius Use this as a replacement for egg white meringue in recipes such as summer fruit pavlova and Eton mess

Ingredients

- - 1 (15 ounce) can chickpeas (garbanzo beans)
- undrained - $\frac{1}{4}$ teaspoon cream of tartar - $\frac{3}{4}$ cup white sugar - $\frac{1}{2}$ teaspoon vanilla extract (Optional)

Instructions

1. Preheat the oven to 210 degrees F (100 degrees C). Line a baking sheet with parchment paper. Drain chickpeas
2. reserving 1/2 cup liquid from the can; save chickpeas for another use. Pour chickpea liquid into a large bowl and add cream of tartar. Beat with an electric mixer until soft peaks form. Add sugar
3. 1 tablespoon at a time
4. beating until glossy peaks form
5. about 20 minutes. Stir in vanilla. Spoon mixture into a piping bag. Pipe into small circles
6. about 1 inch in diameter
7. onto the prepared baking sheet. Bake in the preheated oven until meringues are firm and separate easily from the parchment paper
8. about 90 minutes. Remove from the oven and allow to cool completely
9. at least 15 minutes. Recipe Tip You can use the liquid from cooking chickpeas at home instead of using canned. Simply strain well and be sure to cool the liquid to room temperature. Editor's Note: Nutrition data for this recipe includes the full amount of chickpeas and chickpea liquid; however
10. the chickpeas are not used in this recipe.