

Mini Meringues

Jacob · 29/09/2024

**Prep Time**

25 mins

Difficult

Easy

Servings

1 hr 15 mins

Description

These lowfat mini meringues are great with coffee or with cream for dessert. Serve as is or sandwich together in pairs with melted white or dark chocolate.

Ingredients

— - 2 large egg whites - ½ cup superfine sugar - 1 teaspoon vanilla extract

Instructions

1. Preheat the oven to 300 degrees F (150 degrees C). Line a baking sheet with parchment paper. Beat egg whites in a large bowl with an electric mixer until stiff
2. but not dry. Gradually beat in sugar until a little of the mixture between your thumb and forefinger feels smooth
3. not gritty. Stir in vanilla. Pipe or spoon small portions onto the prepared baking sheet. Bake in the preheated oven until dry but not brown
4. about 35 minutes. Turn the oven off and leave meringues inside to cool for at least 25 minutes. Flavor Variations: Coffee Mini Meringues: Substitute 2 teaspoons instant coffee granules for the vanilla. Chocolate Mini Meringues: Substitute 1 1/2 tablespoons cocoa for the vanilla.