



Peppermint Meringue Cookies



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



53 kcal

DESSERT

Ingredients

- ☐ 2 Tbsp thoroughly peppermint candies crushed
- ☐ 3 egg whites
- ☐ 1 pinch salt
- ☐ 1 cup sugar (use superfine if you have it)
- ☐ 1 teaspoon vinegar white
- ☐ 0.3 cup chocolate chips mini

Equipment

- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ spatula

Directions

- ☐ Preheat oven to 300°F.
- ☐ Beat egg whites with a pinch of salt: Put egg whites into a standup mixer, add a pinch of salt. Start the mixer on low, gradually increasing the speed to medium until quite foamy and soft peaks can just begin to form, about 2–3 minutes. Egg white bubbles should be small and uniform.
- ☐ Continue to beat egg whites, slowly adding a sugar, then vinegar: Increase the speed to medium high and slowly add the sugar, a little (1–2 teaspoons) at a time. Continue to whip egg whites and sugar for a few minutes, then add the vinegar.
- ☐ Increase the speed to the highest setting and whip the egg whites until they are glossy and stiff peaks form when the whisk is lifted, about 4 to 5 minutes.
- ☐ Use a rubber spatula to gently fold in the crushed peppermints (and the mini chocolate chips, if you are using).
- ☐ Pipe meringues onto lined cookie sheet: Line 2 large cookie sheets with parchment paper or silicone. If you are using parchment paper, you can put a dollop of the meringue mixture in the corners of the pans before placing the parchment paper on them, to help secure the parchment paper in place (pastry chef's trick).
- ☐ Either use a spoon to drop teaspoonfuls of the meringue mixture onto the cookie sheets (spaced an inch apart) or use a pastry piping bag (can make one with a plastic freezer bag with the corner cut off) to pipe mounds (1 1/2 inches wide) onto the lined cookie sheet.
- ☐ Put the cookie sheets in the 300°F oven, close the door. Wait for one minute only, then turn the oven OFF. Do not open the door for another 3 hours. You can leave them in the oven overnight. The meringues will gently cook in the residual heat of the oven.
- ☐ When done, the meringues will be lightly crisp on the outside and light and airy on the inside. If they are still a little chewy after 3 hours, just let them dry out for a few more hours.
- ☐ Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:5.82, Inflammation Score:0, Nutrition Score:0.1734782576399%

Nutrients (% of daily need)

Calories: 53.31kcal (2.67%), Fat: 1.04g (1.6%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 10.7g (3.89%), Sugar: 10.61g (11.78%), Cholesterol: 0.38mg (0.13%), Sodium: 10.39mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Selenium: 0.8µg (1.14%), Vitamin B2: 0.02mg (1.06%)