

# Simply Meringue

Gather the ingredients.

1/2 c egg whites

4 c powdered sugar plus

2 T sugar

optional:

food coloring

finely ground nuts



## Prepare the meringue.

- place egg whites in a bowl and beat on low 2 minutes
- add sugar by the spoonful while beating on med-high
- add a pinch of salt-beat on high until stiff peaks form
- fold in flavor, color or nuts
- use a piping bag and tip to make small meringues
- for discs or large meringues spread into desired shape with an offset palette knife
- preheat oven to 190F

## Make the meringues.

- pipe or spread onto lined trays-allow to settle briefly before placing in oven
- for a marbled effect, drizzle coloring onto meringue as you put it in the piping bag
- bake 2 hours, dry overnight, store in airtight containers
- layer large meringues with whipped cream & berries for a showstopper dessert, or break them into pieces to eat or use as a garnish