

Five minute Frosting

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Yield: frosts 2 9-inch layers

1 cup sugar

1/2 cup water

1/4 teaspoon cream of tartar

dash salt

2 egg whites

1 teaspoon vanilla

In a deep bowl, combine the sugar, water, cream of tartar and salt. Microwave on 70% power for 4 to 5 minutes or until the mixture boils.

Meanwhile beat the egg whites until soft peaks form. Gradually pour in the hot syrup. Beat about 5 minutes or until thick and fluffy. Blend in the vanilla.

Per Serving (excluding unknown items): 822 Calories; 0g Fat (0.0% calories from fat); 7g Protein; 202g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 115mg Sodium. Exchanges: 1 Lean Meat; 0 Fruit; 13 1/2 Other Carbohydrates.