

Meringues

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*3 egg whites
1 teaspoon almond flavoring
pinch cream of tartar
sugar*

preheat the oven to 250 degrees.

In a bowl, beat the egg whites until frothy.

Add the almond flavoring, cream of tartar and sugar, one teaspoon at a time. Beat on high until the mixture is stiff and shiny.

Drop by spoonfuls on a non-greased pan. Cover with foil.

Bake for one hour.

VARIATIONS: Add chocolate chips to the batter just before baking. Use food coloring to tint the batter or to swirl through plain white batter.

Per Serving (excluding unknown items): 50 Calories; 0g Fat (0.0% calories from fat); 11g Protein; 1g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 164mg Sodium. Exchanges: 1 1/2 Lean Meat.