

# Royal Icing II

*Favorite Recipes - Sacred Heart School - Easthampton, MA (1984*

*3 medium egg whites  
1/2 teaspoon cream of  
tartar  
1 pound confectioner's  
sugar*

In a bowl, combine three medium egg whites with 1/2 teaspoon of cream of tartar. Beat until foamy. Gradually add the confectioner's sugar. Continue beating at high speed until the frosting stands in peaks.

Remember to keep the bowl covered with a damp cloth as the frosting will harden. Make flowers on wax paper and let stand to dry, at least twelve hours. Or pipe flowers directly onto your candy eggs for Easter or cookies for Christmas.

Per Serving (excluding unknown items): 1820 Calories; trace Fat (0.2% calories from fat); 11g Protein; 454g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 170mg Sodium. Exchanges: 1 1/2 Lean Meat; 0 Fruit; 30 1/2 Other Carbohydrates.