

Sea Foam Icing

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*1 cup brown sugar
1/4 cup water
2 egg whites, beaten
1 cup chopped walnuts
(optional)*

In a saucepan, boil together the sugar and water until the syrup spins a thread when dropped from a spoon.

Place the egg whites in a bowl and beat.

Pour the syrup onto the egg whites and beat until it stands in peaks.

Chopped walnuts may be added, if desired.

Spread on the cake.

Per Serving (excluding unknown items): 579 Calories; 0g Fat (0.0% calories from fat); 7g Protein; 142g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 168mg Sodium. Exchanges: 1 Lean Meat; 9 1/2 Other Carbohydrates.