

# Meringue Cookies

## Diabetes Friendly

**Items Needed:** Hand Mixer or Stand Mixer, Measuring Cups, Spoon or Piping Bag with Large Star Tip, Baking Sheet with Parchment Paper or Silicone Baking Mat

**Serves:** 24

### Ingredients:

- 3 egg whites
- 2/3 cup granulated sugar
- 1 tsp vanilla or other extracts (can easily be tailored to personal preferences)

### Directions:

1. Preheat oven to 215 degrees. Add egg whites to the bottom of your mixing bowl and whisk on medium speed for a minute or two
2. Once you start to see some volume building up begin sprinkling your sugar in a tablespoon at a time
3. When you have added all of the sugar to the meringue, increase the speed to high and whip until stiff peaks form
4. Remove from mixer and either portion into tidy spoonfuls of meringue or pipe into star shaped cookies or swirls
5. Bake in oven for 45-50 minutes. Turn oven off and leave meringues in the oven for an hour to carry-over cook. Remove from oven after an hour and finish cooling.

### Nutrition Information (per 1 cookie):

Calories: 24 Fat: 0 g Carbs: 5.6 g Protein: 0.5 g Fiber: 0 g Sodium: 7 mg

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