

Valentines Meringue



3 egg whites

115 g sugar

170 g powdered sugar

½ teaspoon vanilla extract or 1 teaspoon vanilla sugar

Pink food coloring

A few drops of Raspberry flavor extract

TRUE
LOVE

Preheat the oven to 110 degrees.

Whip the egg whites, in a glass bowl, until foamy using an electric mixer.

Add in the sugar a little at a time at medium speed, end add in the vanilla.

When the mixture becomes stiff and shiny stop mixing, and add the powdered sugar by folding it into the mixture. Add the food coloring gently and only a few drops of the raspberry drops.

Transfer the mixture to a large pastry bag using star tip 1 M.

Use a pen on a baking sheet to draw a heart (use a heart cookie cutter) at the size you wish. Turn the baking paper and place an ice cream stick vertical on the heart. Pipe the meringue out in a shape of the heart and add sprinkle with various Valentine's sprinkles.

Place the meringues on a baking tray in the oven and bake for around 1 – ½ hours, or until the meringues are dry.



BE
MINE