



Christmas Meringues

20 minutes

Hands on

Family

Portion(s)

2

Difficulty



Method

- Beat 150 g egg whites with a pinch of salt in a mixer using the whisk attachment, until fluffy.
- Add 150 g granulated sugar in small batches.
- Beat for another 8-10 minutes, until the sugar dissolves completely and stiff, shiny peaks form.
- When ready, add 150 g icing sugar and beat for another 10 seconds.
- Divide the mixture evenly into 3 bowls.
- To make the meringue green, add ½ teaspoon green color paste.
- To make the meringue red, add ½ teaspoon red color paste.
- You will need 3 piping bags.
- Attach the star tip to the first bag.
- Make a small hole at the end of the second bag.
- Make a larger hole at the end of the third bag.

For the Christmas hats:

- Line a baking pan with parchment paper.
- Pipe small circles using the white meringue.
- Using the red meringue, create a funnel or hat shape.
- Using the white meringue, pipe a small white dot at the top.

For the trees:

- Using the green meringue, pipe meringue to create small tree shapes.
- Heat the oven to 90* C (194* F). Bake meringues for 1 ½ - 2 hours.
- Use these Christmas meringues to decorate cakes or cupcakes!

Ingredients

- 150 g egg whites
- 1 pinch salt
- 150 g granulated sugar
- 150 g icing sugar
- 1/2 teaspoon(s) [green food coloring paste](#)
- 1/2 teaspoon(s) [red food coloring paste](#)

Διατροφικός πίνακας

Nutrition information per portion

54 Calories (kcal)	0.0 Total Fat (g)	0.0 Saturated Fat (g)	12.8 Total Carbs (g)
3%	0%	0%	5%
12.8 Sugars (g)	0.68 Protein (g)	0.0 Fibre (g)	0.1 Sodium (g)
14%	1%	0%	2%