



Pumpkin meringues

15'
Hands on

120'
Cook Time

35-40
Portion(s)

1
Difficulty



Method

- Preheat the oven to 100°C (212° F) set to fan.
- For the [meringue](#), you need a mixer and you need to make sure that the bowl is spotlessly clean.
- With the mixer's whisk attachment on medium speed, beat the egg whites, the [orange food coloring paste](#), salt, and vanilla, until fluffy.
- Add the granulated sugar in 10 batches and wait until it becomes fluffy.
- As soon as it turns fluffy and glossy, have a taste of the meringue to see if the granulated sugar is entirely dissolved. If not, keep beating for a little longer.
- When the mixture is ready, add the icing sugar and beat for 10 more seconds, until it is homogenized.
- Put the mixture into a [pastry bag](#) with a [star pastry tip](#) and shape the meringues – pumpkins on a [baking pan](#) lined with parchment paper.
- Bake for 2 hours.
- Remove the pan from the oven and let the meringues cool completely.
- Dip a toothpick lightly into the [black food coloring paste](#) and shape the eyes and mouth.

Ingredients

- 150 g egg whites
- 1 tablespoon(s) [orange food coloring paste](#)
- 1 pinch salt
- 1 teaspoon(s) [vanilla extract](#)
- 150 g granulated sugar
- 150 g icing sugar
- [black food coloring paste](#), for the eyes

Διατροφικός πίνακας

Nutrition information per portion

32 Calories (kcal)	0.0 Total Fat (g)	0.0 Saturated Fat (g)	7.5 Total Carbs (g)
2%	0%	0%	3%
7.5 Sugars (g)	0.0 Protein (g)	0.0 Fibre (g)	0.25 Sodium (g)
8%	0%	0%	4%