



Star Anise Meringue Cookies

15 minutes

Hands on

20

Portion(s)

2

Difficulty



Method

- Preheat oven to 100* C (212* F) Fan.
- Beat the egg whites in a mixer for about 1 minute on high speed, until light and fluffy.
- Add the granulated sugar in batches and beat for 8-10 minutes, until soft peaks form.
- Add the icing sugar in batches and beat for another 5 minutes, until stiff peaks form.
- Add the star anise.
- Line a baking sheet with parchment paper. Use a tablespoon to Drop spoonfuls of the meringue to the baking sheet.
- Sprinkle with toasted almond slivers and extra ground star anise.
- Bake for 2 hours.
- When ready, do not remove from oven. Allow them to cool in the oven.
- Store in an airtight container or jar.

Ingredients

- 4 egg whites
- 130 g granulated sugar
- 100 g icing sugar
- 1 teaspoon whole fresh star anise + extra for serving
- ½ cup almond slivers, toasted

Διατροφικός πίνακας

Nutrition information per portion

73 Calories (kcal)	2.0 Total Fat (g)	0.2 Saturated Fat (g)	12.0 Total Carbs (g)
4%	3%	1%	5%
12.0 Sugars (g)	1.6 Protein (g)	0.0 Fibre (g)	0.03 Sodium (g)
13%	3%	0%	1%