



# Smurf meringues

60'

Hands on

10 minutes'

Hands off

90'

Cook Time

12

Portion(s)

2

Difficulty



## Method

- For the meringue, you need a mixer and make sure that its bowl is spotlessly clean.
- Beat the egg whites, the salt, and the vanilla extract with the whisk attachment at high speed, until fluffy.
- Add the granulated sugar in 10 batches and wait for the mixture to become fluffy.
- As soon as it is fluffy and glossy, have a taste of the meringue to check if the granulated sugar has been completely dissolved. If it is not dissolved, keep beating for a little longer.
- When the mixture is ready, add the icing sugar and beat for 10 more seconds until homogenized.
- In a **pastry bag**, add very little of the meringue mixture along with the yellow food coloring paste. Mix with a stick.
- Add 1/3 of the meringue mixture into another pastry bag.
- In a third pastry bag, add very little of the mixture along with the red food coloring paste, and mix with a stick.
- Add the remaining mixture into a fourth pastry bag along with the blue food coloring paste, and mix with a stick.
- Preheat the oven to 80° C (180° F) set to fan.
- In a **baking pan**, shape your meringues with the blue color so to make the body of the Smurfs. Do not throw the remaining mixture away! Set it aside and use it in the end, to stick the eyes of the Smurfs!
- In the middle of each meringue, use the blue color to shape the nose.
- With the white meringue, shape the hats on top of the blue meringues but leave one blue meringue without a hat.
- For the Smurfette, shape her hair under a white hat with the yellow meringue.
- For the Papa Smurf, shape a hat with the red meringue on top of the blue meringue that you left without a hat.
- Bake for 1 hour and 30 minutes.
- Remove from the oven and let your meringues cool for 10 minutes.
- With a little of the remaining mixture, stick 2 candy eyes on each meringue, right over the nose.

## Ingredients

- 150 g egg whites
- 1 pinch salt
- 1 teaspoon(s) [vanilla extract](#)
- 150 g granulated sugar
- 150 g icing sugar
- 1/4 teaspoon(s) [yellow food coloring paste](#)
- 1/4 teaspoon(s) [red food coloring paste](#)
- 1/2 teaspoon(s) [blue food coloring paste](#)
- 24 candies, eyes

## Διατροφικός πίνακας

Nutrition information per portion

132 Calories (kcal)	1.0 Total Fat (g)	0.6 Saturated Fat (g)	29.0 Total Carbs (g)
7%	1%	0%	11%
29.0 Sugars (g)	1.7 Protein (g)	0.0 Fibre (g)	0.17 Sodium (g)
32%	3%	0%	3%