



Quick and Easy Meringue

15
Hands on

10-12
Portion(s)

1
Difficulty



Ingredients

- 150 g egg whites
- 1 pinch salt
- 1 teaspoon(s) [vanilla extract](#)
- 150 g granulated sugar
- 150 g icing sugar

Διατροφικός πίνακας

Nutrition information per portion

107 Calories (kcal)	0.0 Total Fat (g)	0.0 Saturated Fat (g)	25.0 Total Carbs (g)
5%	0%	0%	10%
25.0 Sugars (g)	1.4 Protein (g)	0.0 Fibre (g)	0.11 Sodium (g)
28%	3%	0%	2%

Method

- To make the meringue you need a mixer. Make sure that the mixing bowl is absolutely clean and spotless.
- Beat the egg whites, salt and vanilla in a mixer using the whisk attachment, until light and fluffy.
- Add the granulated sugar in 10 batches while beating and wait for the mixture to become fluffy.
- As soon as stiff, shiny peaks form, taste a little of the meringue to make sure the sugar has dissolved completely. If not, beat a little longer.
- When ready, add the icing sugar and beat until completely incorporated.
- In order for the meringues to turn out nice and crispy, preheat your oven to 100 °C and bake for 2 hours.
- If you want them to turn out chewy, preheat your oven to 160 °C and bake for a few minutes.

Tip

Be careful when breaking the eggs. If even a small bit of yolk falls in to the bowl, your meringue will not turn out right! It's also better if your eggs are not so fresh. If the eggs are fresh it is more difficult for the meringue to turn nice and white!