



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties

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Meringue Cookies



2 large egg whites; at room temperature

1/4 teaspoon cream of tartar

2/3 cup sugar

1/2 teaspoon vanilla extract

optional additions: 2 Tablespoons cocoa powder, 2 Tablespoons
crushed candy canes, 1/4 cup coarsely chopped almonds

Instructions: Preheat oven to 225°F. Line a baking sheet with parchment paper. In a large bowl, use an electric mixer to mix egg whites and cream of tartar. Mix until it forms soft peaks. Add sugar one Tablespoon at a time, continuing to mix until hard peaks form. Using a rubber spatula, fold in the vanilla extract and any additions. Drop 2 Tablespoons of mixture onto prepared baking sheet, spacing 1-inch apart. Bake for 1 hour and 30 minutes. Allow to completely cool before enjoying.

Yield: 24 servings, 1 cookie each

Nutrition Facts (per serving): 25 calories, 0 grams fat, 0 milligrams sodium,
6 grams carbohydrate, 0 grams fiber, 0 grams protein