



## Meringue Cookies - Chocolate Chip & Variations

Makes 30 cookies

Meringue cookies are a holiday favorite. Light and crunchy they'll disappear quickly. By using mini chocolate chips the saturated fat and calories are cut in half.

3 large egg whites (**note: do not** use egg substitute in place of egg whites)

¼ tsp. cream of tartar

1/8 tsp. salt

¾ cup sugar

¼ cup unsweetened cocoa powder, divided

½ cup mini semi-sweet chocolate chips (or 1 cup regular size chocolate chips)

¼ tsp. vanilla extract

- Preheat oven to 250°.
- Cover 2 baking sheets with foil.
- Place egg whites, cream of tartar, and salt in a large bowl; beat with an electric mixer on high speed until foamy.
- Combine sugar and 3 Tbsp. cocoa powder, stirring with a whisk. Gradually add sugar mixture to egg white mixture, 1 Tbsp. at a time, beating at medium speed until stiff peaks form (this takes some time). Gently fold in mini semi-sweet chips and vanilla.
- Drop mixture by rounded teaspoonfuls onto foil lined baking sheets ¼ inch apart (or mixture may be spooned into a zip-top plastic bag w/ 1 corner snipped to form ½ inch opening and piped into mounds ¼ inch apart).
- Bake at 250° for 1 ½ hours.
- Turn oven off and cool meringues in closed oven for 1 hour longer. Carefully remove from foil; dust with 1Tbsp. cocoa.

Recipe adapted from Cooking Light Magazine.

### **Nutritional Information (per cookie):**

Calories: 26

Carbohydrate: 3.1

Total Fat: 1.2g

Dietary Fiber: 0.2g

Saturated Fat: 0.7g

Protein: 0.7g

**To make Espresso Meringues:** Omit chocolate chips. Use 1 Tbsp. instant espresso or 2 tablespoons instant coffee granules, increase vanilla to ¾ tsp. and decrease cocoa to ¾ tsp., to sprinkle on cookies prior to baking.

**To make Chocolate Chip Peppermint Meringues:** Omit cocoa powder & vanilla extract; increase sugar to 1 cup. Use ¼ tsp. peppermint extract. Optional: stir in 3 drops green food coloring to mixture prior to baking.