



# Peppermint Meringue Kisses



## INGREDIENTS

- 2 egg whites (room temperature)
- ½ cup sugar (8 tablespoons)
- ¼ teaspoon cream of tartar
- ¼ teaspoon peppermint extract
- 6 mini candy canes, crushed

### Nutrition Information (per serving):

Calories: 15, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 5g, Carbohydrate: 4g, Sugar: 4g Fiber: 0g,

## DIRECTIONS (Yields 20 cookies)

1. Preheat oven to 250 degrees Fahrenheit and line baking sheet with parchment paper.
2. In a copper, metal or glass bowl (not plastic), beat egg whites with electric mixer until light and foamy.
3. Beat in cream of tartar and continue to beat until mixture holds soft peaks.
4. While beating, add sugar, a tablespoon at a time. After half of the sugar (4 tbsps.) is added, add the peppermint extract.
5. Continue beating and adding sugar one tablespoon at a time until mixture is glossy and stiff peaks form.
6. Use a 1-ounce scoop to scoop mixture; level with a knife to remove excess meringue and place on prepared baking sheet.
7. Sprinkle the top of each cookie with crushed candy cane.
8. Bake in the preheated oven until cookies are firm and dry, about 2 hours.
9. Turn oven off, leaving cookies in the oven to gradually come to room temperature.
10. Allow the cookies to cook completely before removing them from the tray. Store in an airtight container at room temperature.