



# Meringues

A two ingredient recipe treat to try at home.  
Make the day before you plan to eat them for extra crunch.

## Ingredients

- 3 large eggs
- 150g caster sugar

## Method

- Pre-heat the oven to 150°C, gas mark 2
- Separate 3 large eggs one at a time, placing each egg white in a cup or small bowl before adding it to the whisking bowl to reduce risk of an accident.
- Whisk until the mixture forms soft peaks. The whites should be all cloudy and foamy at this stage.
- Next, whisk the sugar in, on a fast speed, about a tablespoon at a time, until you have a stiff and glossy mix.
- Spoon onto baking trays lined with baking parchment ready for baking.
- Cook for 30-40 minutes until golden.
- Turn off the oven and leave the meringues until the oven is completely cold. Works well if you prepare them the day before you plan to eat them.
- Fill with whipped cream and berries and enjoy!.

## Nutritional Benefits

This is a delicious treat that supplies a short term energy boost due to the high carbohydrate sugar content. Delicious served with cream and berries.