

Aquafaba Meringue

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 45 pieces

Ingredients	Quantity	Measure
Aquafaba (liquid left in canned chickpeas)	$\frac{3}{4}$	cup
Sugar, granulated	1	cup
Vanilla	1	tablespoon

Preparation

1. In a standing mixer, start whipping chickpea brine. After one minute, slowly add the sugar while continuing whipping.
2. Add vanilla and continue to whip until stiff.
3. Using a piping bag, pipe onto cookie sheet lined with parchment paper.
4. Bake 225 degrees for 2 hours or until dry.

Notes

You can flavor and color the meringue, but flavors and colors must be water based--no oil.

Nutrition Information

per serving *From USDA Nutrient Database

Calories: 15 Total Fat: 0g Saturated Fat: 0g Trans Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g
Carbohydrate: 5g Protein: 0g Sodium: 163mg Vitamin A: 0µg RAE Vitamin C: 0mg Calcium: 0mg Iron: 0mg

