

Meringue Cloud Cookies

Serves 6



Ingredients:

- 2 egg whites
- 1/8 teaspoon cream of tartar
- 1/2 cup superfine sugar (not powdered)
- 1 teaspoon vanilla extract
- 1/2 cup miniature semisweet chocolate chips (we used the kind with no milk or milk fat)



Directions:

1. Pre-heat oven to 275°.
2. Line two cookie sheets with foil and spray with nonstick cooking spray.
3. In a very clean bowl (free of all oil and grease), beat egg whites and cream of tartar on medium speed with a mixer until soft peaks form.
4. Turn mixer to high and gradually beat in sugar until glossy, stiff peaks form.
5. Beat in vanilla. Gently fold in chocolate chips.
7. Drop by teaspoonfuls onto cookie sheets.
8. Bake for 25 minutes at 275°, then reduce heat to 250° and bake for 25 minutes longer. Cookies should be white or just slightly golden.
9. Remove cookies to a rack and cool completely. Store in an airtight container.

Nutrition analysis per cookie: 23 Calories; 1g Fat; trace Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 4mg Sodium

Chef's Notes: Use miniature chocolate chips or finely chopped regular-sized chocolate chips so they aren't too heavy. You can also experiment with other flavorings and add-ins: peppermint extract and chopped candy canes or almond extract with sliced almonds.

Doctor's Notes: Be careful when working with raw eggs; keep surfaces clean and wash your hands frequently.

Teen's Tips: Make colorful holiday cookies by gently stirring in a few drops of food coloring like these fluorescent purple, green and orange Halloween cookies.

