

Banana Meringues (FP)

You need an FP cookie or two in your life. You don't have to muster up any portion control here and no special ingredients are needed other than your sweetener. These are ultra-FP and perfect for when you want to eat something sweet, but you've already had a big, heavy meal. We tried so many versions of these cookies and had to conclude that Gentle Sweet with xylitol does not work here; xylitol pulls in too much moisture, so they never crisp up. Super Sweet Blend tastes a little bit strong on its own, so the best bet is to use a combination of Super Sweet Blend and erythritol. Best to make these cookies in the late evening. If you let them dry overnight in the oven, they will stay crisp for weeks!

Makes: Multiple Servings

INGREDIENTS:

- 4 large egg white (s)
- 1/4 tsp xanthan gum
- 2 tsp [TH Natural Burst Banana Extract](#) (or [TH Natural Burst Vanilla Extract](#))
- 1 ½ tsp [TH Super Sweet Blend](#) (ground in coffee grinder)
- 4 tsp [TH Erythritol](#)



DIRECTIONS:

1. Preheat the oven to 225°F. Line a couple of baking sheets with parchment.
2. Put the egg whites, xanthan gum, and banana extract in a glass, ceramic, or metal bowl. Start beating the egg whites with an electric mixer until they begin to thicken. Slowly add both the sweeteners a little at a time. Continue beating until the whites are so stiff that you can turn the bowl upside down and the peaks will not fall out, 7 to 10 minutes.
3. Drop spoon-size dollops of batter onto the prepared baking sheets. Or you can get fancy and put the batter in a quart-size zippy bag, cut a hole in the corner, and squeeze out pretty shapes. Bake for 20 to 25 minutes, or until just golden brown. Turn off the oven and let the meringues dry in the oven overnight or for 7 to 8 hours.