

## Mouth Watering Meringues (FP)

If you want to eat something sweet, but don't need to overdo more calories, think of these! They'll also be useful if you are trying the Fuel Cycle (Chapter 28) and want a cookie type treat on the two toughest Fuel Pull days. And, the best thing... they're cheap! Only four egg whites and some sweetener for oodles of cookies. Way to go, meringues! This recipe is found on Page 370 of the original [Trim Healthy Mama](#) book!

Makes 2 servings

### INGREDIENTS:

- 4 egg whites  
(fresh egg whites are recommended)
- 2 tsp [TH Natural Burst Vanilla Extract](#)
- 1/4 tsp xanthan gum
- 4 tsp [TH Super Sweet Blend](#) (or to taste)  
(ground in a coffee grinder)



### DIRECTIONS:

1. Place glass or metal bowl, along with metal ends of your electric beater, to chill in freezer.
2. While cooling down in freezer, grind 3-5 tsp TH Super Sweet Blend in your coffee grinder. The grinding creates a smoother feel to the meringue.
3. Once bowl and metal ends are cool (only takes a few minutes), take them out and place on counter.
4. Crack 4 eggs and drop only whites into cold bowl. You need to use fresh egg whites for this recipe as the carton kind will not work.
5. Add 2 tsp vanilla and 1/4 tsp xanthan gum.
6. Start beating, slowly adding ground TH Super Sweet Blend a little at a time.
7. Continue beating until whites are so stiff that you can turn the bowl upside down and the peaks will not fall out. Takes up to 10 minutes, but it's fun watching it change.
8. Place small cookie-sized amounts on a baking tray lined with parchment paper. Or, if you want to get fancy, put mix in a quart-sized Ziploc bag, cut a hole in the corner end, and squeeze out pretty shapes.
9. Bake at 300 for 20-25 minutes. Turn off oven and let meringues oven dry for another 2 hours. (You're supposed to leave the oven door open to dry meringues, but we think that is dangerous when you have little ones running around).