

Aquafaba Meringue

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 40-50

Ingredients	Quantity	Measure
Chickpea Brine (liquid left in canned chickpeas)	$\frac{3}{4}$	Cup
Sugar, granulated	1	Cup
Vanilla	1	Tbsp.

Preparation

1. Start whipping chickpea brine, slowly adding 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.

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

Serving Suggestion

Serve one meringue cookie with coffee or tea.

Nutrition Information

*From USDA Nutrient Database

Calories: 15 Total Fat: 0g Saturated Fat: 0g Carbohydrate: 5g Protein: 0g Sodium: 163mg

Vitamin A: 0µg RAE Vitamin C: 0mg Calcium: 0mg Iron: 0mg

