

RASPBERRY MERINGUE



Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	17.2 gm egg white	1 (+1 gm fat)
	----- 1.0 gm Jell-O® gelatin powder, raspberry	----- 0.3 (+0.3 gm fat)
Fat	10.5 gm coconut oil	2.3 (+1.3 gm)
Carbohydrate	3 gm fresh raspberries, chopped	0.4
Other	Cream of tartar	

DIRECTIONS

- Preheat oven to 350° F.
- In a small bowl, whip the egg whites with a pinch of cream of tartar with an electric mixer until it becomes stiff.
- In a separate small bowl, melt the coconut oil.
- Stir the gelatin powder and chopped raspberries into the coconut oil.
- Fold the whipped egg whites into the mixture with the raspberries. Stir to combine without over mixing.
- Transfer the mixture into a piping bag.
- Cover a baking sheet with parchment paper.
- Pipe the mixture forming small shapes on the parchment paper.
- Bake 10-15 minutes until the meringues begin to harden.
- Remove from the oven and allow to cool before serving.

VARIATIONS

- Other carbohydrates can be used such as chopped strawberries, shredded coconut, or sugar free syrup.
- Other flavors of Jell-O® sugar free gelatin powder can be used such as strawberry, cherry, or orange.
- To create a piping bag, fill a plastic sandwich bag with the mixture. Cut a small hole at the bottom tip. Squeeze the mixture out of the opening.