



## Recipe: Meringue Cookies

### Fluffy Egg White Cookies

Make a light and fluffy cookie by beating tiny bubbles into the protein rich white of an egg – turning egg slime into foam.

Don't forget to wash your hands before and after cooking and handling raw eggs.

#### Materials

- ▶ Small bowl
- ▶ Whisk
- ▶ Large bowl
- ▶ Cookie sheet

#### Ingredients

- ▶ 2 eggs
- ▶ 4 tablespoons sugar
- ▶ Flavor of your choice:
  - ▶ 1 teaspoon vanilla
  - or 1/4 cup chopped nuts
  - or 1 teaspoon cocoa powder

1. Separate the whites from the yolks of two eggs.
  - ▶ To do this, crack the egg in half, slowly lifting the top half off and letting the egg white ooze out the bottom of the egg into a small bowl.
  - ▶ The yolk will stay in the bottom. Without popping the yolk, slowly slide it into the top of the egg shell allowing extra egg white to slide off the yolk into the bowl. Set the yolks aside for another recipe!
  - ▶ If any of the yellow yolk ends up in the small bowl—stop! Make some scrambled eggs and start again. The fat in the yolk will prevent you from making bubbles in the egg white.
2. Put the egg whites in a large bowl and beat it with a whisk. (You can also use an egg beater or electric beater if you have one... but that takes much less work!) Whisk the egg whites FOREVER until they change from clear and slimy to white and fluffy.
3. Beat in one tablespoon of sugar. Then three more tablespoons of sugar one at a time. The sugar will dissolve in the egg white and turn the foam shiny.
4. Beat until the egg whites are stiff, which means they can stand up on their own after you pull the whisk out.
5. Gently mix in your flavor. (Some vanilla, or maybe finely chopped nuts?)
6. Drop spoonfuls of your sweet fluffy egg white onto a cookie sheet. Use parchment paper if you have some!
7. Bake at 200 degrees for two hours. Keep an eye on them! Little cookies cook fast and big cookies cook slow.