



Cashew Meringues

Recipe courtesy Chef Bryan Woolley

4 egg whites
1 teaspoon vanilla
4 cups sifted powdered sugar
1/4 teaspoon cream of tartar
2 cups chopped cashews
12 vanilla caramels, unwrapped
2 teaspoons skim milk

1. Separate egg whites into a large mixing bowl; let stand at room temperature for 30 minutes. Meanwhile, grease a cookie sheet; set aside.
2. Add vanilla and cream of tartar to egg whites. Beat with an electric mixer on medium speed until soft peaks form (tips curl). Gradually add the powdered sugar, about 1/4 cup at a time, beating on medium speed just until combined. Beat for 1 to 2 minutes more or until soft peaks form. (Do not continue beating to stiff peaks.) Using a spoon, gently fold in the cashews.
3. Drop egg white mixture by rounded teaspoon about 2 inches apart onto prepared cookie sheet. Bake cookies in a 325 degree oven about 15 minutes or until edges are very lightly browned. Transfer cookies to a wire rack; cool.
4. In a small saucepan combine the caramels and milk. Heat and stir over low heat until the caramels are melted. Place wire rack with cookies over waxed paper. Drizzle caramel mixture over cookies. If desired, sprinkle with additional chopped cashews. Let stand until caramel mixture is set.
5. Recipe makes 60 cashew meringues. Serving size: 2 meringues.

Nutrition Facts

Serving Size: 2 meringues
Calories 130
Total Fat 4.5g
Saturated Fat 1g
Cholesterol 0mg
Sodium 20mg
Carbohydrate 22g
Dietary Fiber 0g
Protein 2g

Diabetic Exchanges

Protein .5
Carbohydrates 1
Fat 1

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