

WHAT'S
FOR
DESSERT?

Lemon meringues



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INGREDIENTS:
2 large egg whites
1/2 cup sugar
3 drops of lemon

SUPPLIES:
Baking Sheet
Electric Mixer
Spatula
Mixing bowls

STEPS:
Preheat the oven
to 200 degrees F.

Beat the egg whites in a bowl with an electric mixer until soft peaks form. Note: it is very important that you don't over beat the egg whites, or else they will not come out right.

Add the sugar gradually, beating continuously, until stiff, glossy peaks form.

Drop the mixture with a spoon and spread it out leaving it a little thick so it looks like a small tart on the prepared baking sheet, about 1 inch apart.

Place the oven rack in the center of the oven and bake the meringues 45 minutes. Turn off the oven. Leave the meringues in the oven another hour.

Remove the meringues from the oven and place them on a wire rack to finish cooling.

After the meringue has cooled down, you can make whipped cream or place white chocolate on the meringue. Then you can place any fresh fruits on top and you will have a delicious light dessert that will impress your guests.