

# Fluffy White Icing

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

*1 1/2 cups sugar (brown or white)  
1/3 cup water  
1/8 teaspoon cream of tartar  
2 egg whites, unbeaten*

Place all of the ingredients in the top of a double boiler. Set the top of the double boiler into the bottom containing boiling water.

Cook, beating constantly with an egg beater until the icing stands in peaks, about 7 minutes.

Add any flavoring desired.

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Per Serving (excluding unknown items): 34 Calories; 0g Fat (0.0% calories from fat); 7g Protein; 1g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 112mg Sodium. Exchanges: 1 Lean Meat; 0 Fruit.