

Mile High Meringue

Canadian Mennonite Cookbook - 1974

*3 egg whites
2 tablespoons cold water
1/8 teaspoon salt
1/4 teaspoon cream of
tartar
1/4 teaspoon flavoring
3 tablespoons granulated
sugar or powdered sugar*

Preheat the oven to 325 degrees.

Place the egg whites into a good-sized bowl.
Add the cold water. Beat until frothy with a hand
mixer.

Add the salt, cream of tartar and flavoring. Beat
until stiff.

Add the granulated sugar. Beat stiff enough to
form peaks when the beater is lifted up.

Pile on to a hot pie, tarts or cake.

Bake for 12 minutes.

Per Serving (excluding unknown
items): 52 Calories; 0g Fat (0.0%
calories from fat); 11g Protein; 1g
Carbohydrate; 0g Dietary Fiber;
0mg Cholesterol; 421mg Sodium.
Exchanges: 1 1/2 Lean Meat; 0
Fruit.