



Vegan Meringue

This is a very cool egg-free meringue that uses a product we usually throw away- brine from chickpeas!

<u>U.S.</u>		<u>Metric</u>
6 Tbsp	Chickpea Brine, room temperature	90 ml
1/2 tsp	Cream of tartar	2 g
1/2 cup	Sugar, Superfine (can be made in a grinder)	56.8 g
1/2 - 1 tsp	Flavoring Extract (such as vanilla or almond)	2.5 - 5.0 ml

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 250°F (121°C).
3. Line a cookie sheet with parchment paper or a Silpat mat.
4. Put the chickpea brine (liquid drained from a canned of chickpeas) and Cream of Tartar in a stand mixer with a whisk attachment. Make sure the bowl and whisk are dry and free of debris.
5. Mix the brine mixture on medium high for 5 minutes. Soft peaks should be forming. At this time, add in the sugar, a few spoonfuls at a time. Once the sugar has dissolved, add a few more spoonfuls, and repeat the process until the sugar has been used up.
6. Continue mixing over medium-high speed until firm peaks have formed (these will stand straight up when pulled with a spoon). This will take 10-20 minutes depending on the mixer.
7. Pipe into ~1 1/2" circles on the lined cookie sheet. This can be done using a star tip in a piping bag or with a plastic bag with the corner cut off. Alternatively, use as a pie topping or in desired context.
8. Place in the oven and bake for 30-45 minutes. Once the tops have started to brown, remove from the oven and allow to cool on the tabletop for 30 minutes to set.
9. Meringue is best enjoyed the day of preparation.

Nutrition Facts

Serving size	0
Servings	0
Calories	0
Calories from Fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Carbohydrates	0 g
Dietary Fiber	0 g
Sugars	0 g
Protein	0 g
Vitamin A	0 %
Calcium	0 %
Vitamin C	0 %
Iron	0 %
Phosphorus	0 mg
