

Meringue pops

- Dairy-free
- Gluten-free
- Lactose-free
- Nut-free
- Peanut-free
- Sesame-free
- Soy-free
- Wheat-free
- Shellfish-free
- Seafood-free

These cute meringue pops make fun gifts and table decorations at Easter. They're perfect for birthday parties, too.

- Makes 20
- Cooktime 1 hr 15 mins 1 hour 15 minutes
- Prep time 20 mins

Ingredients

- 4 Coles Australian Free Range Egg whites
- 1 cup (200g) caster sugar
- Pink liquid food colouring
- Orange food colouring
- Green food colouring
- Black cachous, to decorate

Nutritional information

Per serve: Per serve: Energy: 182kJ/44 Cals (2%), Protein: 1g (2%), Fat: 0g (0%), Sat Fat: 0g (0%), Sodium: 12mg (1%), Carb: 11g (4%), Sugar: 11g (12%), Dietary Fibre: 0g (0%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Preheat oven to 100°C. Line 2 baking trays with baking paper. Use an electric mixer to whisk the egg whites in a clean, dry bowl until firm peaks form. Add the sugar, 1 tbs at a time, whisking well between each addition until sugar completely dissolves.

2. Step 2

Divide the egg white mixture into 4 even portions and use food colouring to tint 1 portion pink, 1 portion orange and 1 portion green. Transfer the white mixture and pink mixture into separate piping bags fitted with plain nozzles. Arrange 20 lollipop sticks on the lined trays. Pipe the white and pink mixtures over lollipop sticks on 1 tray to make bunny faces. Decorate with cachous to make eyes.

3. Step 3

Place the orange mixture and green mixture into separate piping bags fitted with fluted nozzles. Pipe the orange and green mixture over the remaining lollipop sticks to make carrots shapes.

4. Step 4

Bake, swapping trays halfway through cooking, for 1 1/4 hours or until dry to the touch. Turn the oven off. Leave meringue pops in the oven, with the door ajar, to cool completely.