



RASPBERRY-FILLED COOKIE BITES

SERVES: 9 (2 cookie bites each) **Prep Time: 1 hr.** **Cooking Time: 40 min.**

CONTAINER EQUIVALENTS (per serving): ½ ½

1 cup fresh (or frozen) raspberries
¾ cup + 2 Tbsp. water, *divided use*
¼ cup raw honey
2 large egg whites (¼ cup)
½ tsp. pure vanilla extract
½ cup sifted almond flour

SPECIAL EQUIPMENT:

Candy thermometer
Parchment paper
Pastry bag (optional)

1. To make raspberry filling, combine raspberries and *¾ cup* water in small saucepan; cook, over medium-high heat, stirring occasionally, for 10 to 12 minutes, or until berries have broken down and liquid becomes slightly thicker. Refrigerate to cool.
2. To make meringue, place honey and *remaining 2 Tbsp.* water in small saucepan; cook, over medium-high heat, stirring occasionally, until mixture reaches 240° F with a candy thermometer.
3. While honey mixture cooks, place egg whites in a clean, large metal mixing bowl; beat until soft peaks are formed. Set aside.
4. When honey mixture reaches 240° F, transfer it into a clean, heat-resistant pouring vessel (like a glass measuring cup).
5. Slowly add honey mixture (in a thin stream) to egg whites, whisking vigorously until completely mixed.
6. Add extract; continue whisking vigorously until the meringue forms stiff, glossy peaks.
7. Gently fold in almond flour; mix until well blended. Set aside.
8. Preheat oven to 300° F.
9. Line two baking sheets with parchment paper. Set aside.
10. Transfer meringue mixture into a large resealable plastic bag (or pastry bag). Squeeze out any excess air and seal bag. Cut off about ½-inch of the bottom corner of the bag.
11. Pipe out thirty-six 1-inch rounds, evenly spaced. Firmly tap each baking sheet against the kitchen counter a few times to release any air bubbles.
12. Let cookies rest for 30 minutes prior to baking.
13. Bake for 18 to 20 minutes, or until cookies have risen about ½ inch. Remove from oven. Cool before removing from parchment paper.
14. Evenly divide raspberry filling on the flat side of eighteen cookies. Top each cookie with the flat side of a second cookie to make a sandwich.

RECIPE NOTES:

- Don't limit yourself to raspberries. Any fruit jam (made using the directions above) will make a great filling!
- If you have a stand mixer, this would be a good way to beat the egg whites. If you don't, you might have someone slowly pour the honey mixture while you beat the egg whites.

NUTRITIONAL INFORMATION (per serving): **Calories: 67** **Total Fat: 3 g** **Saturated: Fat 0 g** **Cholesterol: 0 mg** **Sodium: 13 mg** **Carbohydrates: 8 g** **Fiber: 2 g** **Sugars: 6 g** **Protein: 2 g**

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.