

Meringue Cookies

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5 from 4 votes

Prep Time

10 mins

Cook Time

2 hrs 30 mins

Total Time

2 hrs 40 mins

These baked meringue cookies are crisp, sweet, & light as a cloud! Plus, lots of tips on how to make meringue that's stiff and fluffy as can be.

Course: Dessert, Snack

Cuisine: American

Keyword: baked meringue, baked meringues, how to make meringue, meringue kisses

Servings: 60 1-inch diameter cookies

Calories: 10 kcal



Ingredients

- 4 egg whites (large)
- 1/4 teaspoon [cream of tartar*](#)
- 1/4 teaspoon [kosher salt](#)
- 3/4 cup [granulated sugar](#)
- 1/2 teaspoon [vanilla extract**](#)
- 1 drop [icing color](#) (optional)

Instructions

1. Preheat the oven to 200 degrees F.
2. Place the egg whites in a large, clean mixing bowl, and add the cream of tartar and salt.
3. Whip the whites on medium speed until foamy and just beginning to turn white.
4. While continuing to whip, add in the sugar very slowly (about 1/4 teaspoon at a time).
5. When all the sugar has been added, turn the mixer up to high speed and whip until the meringue is glossy and very stiff.
6. Stir in the vanilla extract, then fold in the color (if using).
7. Transfer the meringue to a clean piping bag fitted with a French star tip, and pipe 1-inch diameter kisses onto a parchment-lined baking sheet.
8. Bake the meringues in the warm oven for 2 to 2 1/2 hours, or until light and crisp (do not brown).
9. Serve immediately.

Recipe Notes

*A few drops of lemon juice or white vinegar can be substituted.

**Other types of extracts can be substituted to taste.

Nutrition Facts

Meringue Cookies

Amount Per Serving

Calories 10

	% Daily Value*
Sodium 13mg	1%
Potassium 5mg	0%
Carbohydrates 2g	1%
Sugar 2g	2%

* Percent Daily Values are based on a 2000 calorie diet.