**Peppermint Meringue Cookies**

**"Crunchy minty Christmas cookies!"**

One recipe per unit

Ingredients

* 2 egg whites (or 50-60 mL liquid egg whites)
* 5 mL cider vinegar
* ½ mL salt
* 1-2 drops red food colouring (optional)
* 1-2 drops peppermint extract (optional)
* 80 mL white sugar
* 2 peppermint candy canes, crushed

Directions

1. Preheat the oven to 225 ºF.
2. Line cookie sheets with parchment paper.
3. Wash a large metal bowl and beaters for an electric mixer in **HOT**, soapy water. Rinse thoroughly and dry with a clean towel.
4. In the clean, large bowl, combine the egg whites, vinegar and salt to the soft peak stage (slightly past the foamy stage).
5. **Gradually** add the sugar while continuing to whip the mixture until stiff peaks form.
6. **Fold in** the colouring & flavouring (if using) and ⅓ of the crushed candy canes, reserving the rest for sprinkling on top.
7. Drop by teaspoonful **OR** use a piping bag with a star tip **OR** use a sandwich bag with a hole cut in the corner to pipe small cookies, one inch (2½ cm) apart on the prepared baking pan(s).

**\*\* NOTE:** It is **very** important, in class, to make them **SMALL**, so they have enough time to bake and dry out (think Hershey’s Kisses size, or slightly larger).

1. Sprinkle remaining crushed candy canes over the top of the unbaked cookies.
2. Bake in the preheated oven for 45-50 minutes, or until dry.
3. Cool on baking sheets.



Adapted from a recipe at: http://allrecipes.com/recipe/26208/peppermint-meringue-cookies/