

# Aquafaba Meringue Kiss Cookies

## Ingredients

(Chickpea) Beans

1/3 cup Splenda Sugar Blend or 2/3 cup Granulated Sugar

2 tsp. YOUR CHOICE EXTRACT(Traditional is Almond, but you can use whatever you want to!)

\*Optional Food Coloring (color to match flavor?)

## Directions

Pre heat oven to 250 ° F

### Step One

Line two baking sheets with parchment paper (don't spray with oil or use foil.)

### Step Two

Drain canned Garbanzo beans; reserving all the aquafaba. You should have about 3/4 cup of liquid. Pour aquafaba into a mixing bowl. Beat on high speed with a whisk attachment until stiff peaks form; as little as 5 min., as much as 15 minutes. Once the stiff peaks have been accomplished, add sugar 1 heaping Tbsp. at a time, and whisk until the mixture is glossy. Finally, add the extract(s).

### Step Three

Using a gallon Ziploc bag, fill with the foamy mixture, Ziploc the bag then cut a small “tip” in one corner of the bag. Use this as your “pastry tube” to create gorgeous meringues! Bake for 1 1/2 – 2 hours, or until the meringues are dry and firm to the touch. Let meringues cool before serving. These little cookie will keep for 2 – 3 days in an airtight container.

### Note

Each Meringue is approximately 5 grams carbohydrates