

## Vegan Angel Bites

**Yields:** About 40 individual  
1 Tablespoon bites;  
**20 completed Angel Bites.**

### **Ingredients:**

15 oz. can Garbanzo (Chickpea) Beans  
1/3 cup Splenda Sugar Blend or  
2/3 cup Granulated Sugar  
1 1/2 tsp. Vanilla Extract  
Any flavor desired No Added Sugar  
Jelly, for filling

**Directions:** Pre heat oven to 350°F.  
**Step 1:** Line two baking sheets with parchment paper (don't spray with oil or use foil).

**Step 2:** Drain canned Garbanzo beans; reserving all the aqua faba. You should have about 3/4 cup of liquid. Pour Aqua faba 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 vanilla extract.

**Step 3:** Spoon rounded Tablespoons of meringues onto prepared baking sheet. Bake in pre heated oven for 15 min., or until golden brown. Remove from baking sheet onto a wire rack to completely cool.

**Step 4:** To assemble Angel Bites, place a small amount of jelly for filling on the bottom of one bite and top with the other, "sandwiching them together." These little bites will keep for 1 - 2 days in an airtight container.

## Traditional Angel Bites

**Yields:** About 40 individual  
1 Tablespoon bites;  
**20 completed Angel Bites.**

### **Ingredients:**

5 XL Egg Whites, at room temperature  
1/3 cup Splenda Sugar Blend or  
2/3 cup Granulated Sugar  
1 1/2 tsp. Vanilla Extract  
Any flavor desired No Added Sugar  
Jelly, for filling

**Directions:** Pre heat oven to 350°F.  
**Step 1:** Line two baking sheets with parchment paper (don't spray with oil or use foil).

**Step 2:** Beat egg whites 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 vanilla extract.

**Step 3:** Spoon rounded Tablespoons of meringues onto prepared baking sheet. Bake in pre heated oven for 15 min., or until golden brown. Remove from baking sheet onto a wire rack to completely cool.

**Step 4:** To assemble Angel Bites, place a small amount of jelly for filling on the bottom of one bite and top with the other, "sandwiching them together." These little bites will keep for 1 - 2 days in an airtight container.



