

Xylitol Meringue Kisses

Yields: 150 kisses, each with 1 gram of xylitol



These are bite-sized sweets that are baked like cookies in a very low temperature oven. As with all egg white-based confections, you will have better results if you make these on a bright, clear day with low humidity.

Ingredients needed:

2 large egg whites
A pinch of salt
A pinch of cream of tartar
1 cup xylitol granules (200 grams)

Electric hand mixer or Table mixer
2 Baking sheets
Baking paper

*** Piping bag (or plastic packet with corner cut)

Instructions:

1. Preheat the oven to 80-85 °C. Line two large baking trays with baking paper.

*** If the oven is too hot, the meringues will turn brown, try not to exceed 90°C. ***

2. In a medium mixing bowl, beat the egg whites and salt with an electric mixer on med/high speed until they are foamy. Add the cream of tartar and continue to beat until soft peaks form.

Beat in the xylitol, a few tablespoons at a time. Continue beating for about 8 minutes.

3. Pipe using a piping bag or spoon onto the prepared baking paper sheets. Leave a little peak at the top of each meringue. Each one should be 2cm in diameter.

4. Bake for 1 1/2 hours. Turn off the heat, prop the oven door open, and allow the kisses to cool completely in the oven for about 8-12 hours (overnight) to set.

5. Peel the cooled kisses off the baking paper and store them in airtight containers at room temperature for up to 2 weeks.