

# Egg-Free Meringues

**Please check all labels carefully for your dietary restrictions.**

**Makes 75 Bite-Sized Cookies**

¾ cup aquafaba\* (from 1,15 ounce can of garbanzo beans (chickpeas))  
2/3 cup sugar  
2 tsp almond extract  
1 ½ tsp espresso powder (optional)  
½ cup 100% cocoa nibs (optional)

Heat oven to 250 degrees. Line two baking sheets with parchment paper. Drain the chickpeas, reserving the liquid (aquafaba). There should be ¾ cup liquid. Reserve beans for another use. Pour liquid into the bowl of a stand mixer and beat on high speed using whisk attachment until stiff peaks form (approximately 15 minutes). Add the sugar, one heaping tablespoon at a time, whisking on high speed until the mixture is glossy. Add the almond extract and, if desired, cocoa nibs and/or espresso powder. It is important to NOT add any extracts or flavorings containing fats; this will cause the meringue to deflate.

Use a tablespoon to scoop the aquafaba mixture into mounds on the parchment paper lined baking sheets. Alternatively, pipe meringue with the use of a cake decorating injection tube or bag fitted with a decorative tip. If desired, meringue can be mounded into a larger nest shape to be used as one large or multiple, individual pavlovas. Bake for 1 ½ to 2 hours, or until the meringues are dry and firm to the touch. (Baking time will need to be extended if making pavlovas.) Meringues will keep in an airtight container in a dry environment for 2 to 3 days.

\* Aquafaba is the liquid in canned beans. Aquafaba from garbanzo beans (chickpeas) is the only version recommended for this recipe. To get ¾ cup of aquafaba, drain the 15 ounce can of chickpeas (reserving beans for another use). The bean flavor will not be present in the baked meringues.

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