

Pink Meringue Kisses & Lollipops

A great little sweet treat

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INGREDIENTS

- 4 large egg whites (about 160g) at room temperature
- 400g sugar (fine)
- 1tsp vanilla paste or vanilla extract
- a little drop of pink/red food color

- cake pop sticks
- paper mini cupcake cases
- sprinkles
- transparent gift bags
- colorful ribbon



DIRECTIONS

1. Before starting to make meringue kisses, make sure to have your egg whites at room temperature.
2. Whisk the egg whites in a standing mixer or with a hand mixer until soft peaks form. (See video)
3. Measure the sugar and start adding it to the egg whites while whisking continuously. You want to add the sugar slowly rather than all at once. You can, for example, count while you add the sugar and add it during about one minutes time. Then continue whisking until the meringue is glossy and starts to form firm peaks. (See video)
4. Then you want to stop the mixer and test whether all of the sugar has dissolved. You can do this by rubbing a little of the meringue between your fingers and if you don't feel any grains between your fingers that means the sugar has dissolved and the meringue is ready.
5. Now add the vanilla paste and food color and whisk just until combined.
6. Transfer the meringue into a piping bag with a closed star nozzle.
7. Cover a baking tray with a parchment paper and put the template from the website under the parchment paper to use as a guideline for piping. Pipe a small dollop of meringue in the center of each heart and then add a cake pop stick on top. Then pipe the heart on top of the cake pop stick. Decorate with sprinkles. (See video)
8. To make the meringue kisses, lay the paper mini cupcake cases on a baking tray and pipe a little meringue kiss into each cupcake case. Decorate with sprinkles.
9. Bake the meringue lollipops and kisses in 100°C on a fan setting for at least an hour. Before turning off the oven check whether the meringue comes clean off the parchment paper. If not continue baking for a little longer. Once the meringue comes off the parchment paper, turn off the oven, open the oven door slightly and allow the meringues to stay in the oven for another hour to dry.

10. Pack the cooled meringue kisses into gift bags and tie with a ribbon. (See video)
11. You can alternatively store the meringue kisses and lollipops in an airtight container.

TIP. If after you have baked the meringue kisses you notice they are not ready and they still stick to the parchment paper, you can pop them back into the oven for another half an hour and then allow to cool as instructed in part 9.