

Med Meringues

Meringue cookies are usually just egg whites, flavoring and sugar. These unbelievably delicious Med Meringues use the technique of beaten egg whites combined with nuts and seeds for a meringue with med influence, healthy fat, and low sugar. You can use any combination of nuts and seeds. If you have small or medium eggs, use an extra egg white. Be sure to use unsalted nuts and seeds.

Serves 40

Serving Size: 1 cookie

Prep Time: 30 minutes

Total Time: 1 hour

Ingredients

- 1 cup sunflower seeds
- 1 cup sliced almonds
- 1 cup pumpkin seeds
- 1 cup shredded unsweetened coconut
- ½ cup old fashioned oats
- ½ teaspoon kosher salt
- 3 tablespoons olive oil
- 2 large egg whites
- ½ cup sugar

Directions

1. Preheat oven to 350 degrees.
2. Heat olive oil in a large skillet or stir fry pan until hot but not smoking.
3. Add the sunflower seeds, almonds, pumpkin seeds, coconut, oats, and salt. Toss for several minutes until toasted. Keep the mixture moving and reduce heat so it does not burn.
4. Put the nut mixture in a large bowl and refrigerate until cool.
5. Beat the egg whites using a hand or stand mixer until foamy. Continue to beat and slowly add the sugar, beat until thick.
6. Combine the nut mixture and egg whites. Fold together until combined.
7. Drop by rounded tablespoon on to parchment lined baking sheet (you can also use a baking mat or lightly greased cookie sheet).
8. Bake for 15-20 minutes until slightly brown. Cool on a wire rack. Store in airtight container at room temperature.



Nutrition Information per Serving

- Serving Size: 1 cookie
- Vegetables: 0 cups
- Fruits: 0 cups
- Calories: 85 calories
- Carbohydrates: 6 grams
- Fiber: 1 gram
- Protein: 3 grams
- Fat: 8 grams
- Sodium: 33 mg

Watch a video of this recipe at <https://youtu.be/WbEGbTMW1HE>