

Jenny's Chocolate-Almond Meringues

Egg whites are fat free so the only fat comes from the nuts and dark chocolate, both of which benefit the heart. Try to use a good quality dark chocolate (the darker, the more antioxidants). I use Scharffen Berger, which comes in a 3 oz. bar so it takes 1/3 of the bar. If you have a food processor and an electric stand mixer, these don't take much work - just time.

2 egg whites at room temperature
1/4 teaspoon cream of tartar
1/2 cup sugar
1/2 teaspoon vanilla
1 oz. dark chocolate (about 60% cocoa content)
1/2 cup ground toasted almonds

1. Toast 1/2 cup whole raw almonds in the oven at 350° for 7-8 minutes (see my "How-to" video for toasting nuts). Let them cool.
2. In a food processor, grind the cooled almonds for about 15 seconds, then add the chocolate (broken up) and pulse a few times until the chocolate is in tiny pieces.
3. Preheat the oven to 200°.
4. Line a large baking sheet with parchment paper.
5. Beat the egg whites on medium speed until foamy, about 2 minutes.
6. Add cream of tartar and beat another 3 minutes.
7. Slowly add the sugar 1 Tbsp. at a time, then beat for 5 minutes or until very stiff and glossy.
8. Add vanilla and beat one more minute.
9. Fold in the chocolate-almond mixture.
10. Using 2 spoons, shape into mounds onto the parchment paper.
11. Bake for one hour.
12. Turn the oven off and leave the meringues in the closed oven for another hour.

Do not refrigerate. Keep in a closed container.

*Makes about 20 cookies