

1. Sift 300g of icing sugar over 1 lightly beaten egg white. Stir until the mixture is a thick, pliable icing and roll into balls. Line a plate with kitchen paper.

2. Put 3 balls at a time on the plate and microwave them on high for 1½ mins and watch, in amazement, as the balls balloon and puff into meringues.

3. When they are cool, use the meringues in desserts. They're perfect for sandwiching together with whipped cream and sliced tropical fruit

300g icing sugar, sifted  
1 egg white, lightly beaten

**NB could be cooked in individual paper cases**

### ***'What's Cooking!' Recipe Card***

## **MICROWAVE MERINGUES**



### **FOOD FACT:**

These are a high calorie treat and should be indulged in with caution!

**Preparation time**      **2mins**

**Cooking time**          **5mins**

Serves 3-6