



## Blueberry Meringue Swirls

### MERINGUE INGREDIENTS

3 egg whites at room temperature  
1 teaspoon lemon juice  
1/4 teaspoon salt  
3/4 cup of sugar  
3-4 tablespoons of blueberry sauce

### SAUCE INGREDIENTS

6 ounces of fresh blueberries  
1/2 cup sugar  
1 cup of water

**To make sauce:** Over medium heat, boil water, sugar and blueberries. Reduce to a simmer and cook for 20 minutes until sauce begins to thicken. Strain and toss solids. Make sure sauce is cool before swirling into meringue.

### MERINGUE DIRECTIONS

1. Preheat oven to 225 degrees F. Line two baking sheets with parchment paper. Begin to beat egg whites with whisk attachment of electric mixer (stand mixer works best).
2. Add lemon juice and salt once egg whites are foamy, whisking on medium speed. Keep whisking and add sugar, then whisk on high until glossy, stiff peaks form.
3. Dollop heaping spoonfuls of meringue on prepared baking sheets. Gently flatten tops with back of a spoon. Drizzle 1/4 – 1/2 teaspoon of blueberry sauce on the meringue and then swirl with a toothpick.
4. Bake for 60-90 minutes, or until the outside of cookie is stiff. Turn off heat and leave meringues in the oven overnight to set. Makes about 2 dozen mini scones.

Makes approximately 24 meringues.

RECIPE INSPIRED BY A HAPPY FOOD DANCE

