



Long Livo

Chocolate Swirl Meringue Kisses

20 min

Prep time

24

Servings

1 h 30 min

Cook time

Medium

Difficulty

1 h 50 min

Total time

French

Cuisine

Ingredients

Meringue Base

- ☐ 4 large egg whites, at room temperature
- ☐ 1 cup granulated sugar
- ☐ 1/4 tsp cream of tartar

- ☐ Pinch of salt

Chocolate Swirl

- ☐ 2 tbsp unsweetened cocoa powder
- ☐ 2 tbsp melted dark chocolate
- ☐ 1/2 tsp vanilla extract

Instructions

- 1 Preheat the oven to 200°F (93°C). Line two baking sheets with parchment paper.
- 2 In a clean bowl, whisk the egg whites with cream of tartar until soft peaks form.
- 3 Gradually add the granulated sugar, a spoonful at a time, whisking until glossy stiff peaks form.
- 4 Sift the cocoa powder over a small bowl, add melted chocolate and vanilla, then gently fold into the meringue to create a marbled swirl.
- 5 Pipe or spoon small mounds onto the prepared sheets, spacing about 1 inch apart. Bake for 90 minutes, then turn off the oven and let the meringues cool inside the oven with the door ajar.

Nutrition per serving

110 kcal

Calories

2 g

Protein

22 g

Carbs

2 g

Fat

Tips & notes

- Make sure no yolk gets into the whites; even a tiny bit can prevent peaks.
- If you prefer a darker swirl, increase cocoa to 3 tbsp.
- For a festive touch, dust with powdered sugar before serving.