

Aquafaba Merengue

Pampered Chef
Independent Consultant

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Method:

Ingredients:

- juice from 1 can of garbanzos (about 1/2 to 3/4 cup)
- 1/4 tsp powdered Stevia
- 1/2 cup powdered honey
- 1/2 teaspoon powdered vanilla
- 1/2 teaspoon xanthum gum
- 1/2 teaspoon cream of tartar

- Whip the garbanzo bean juice to a heavy foam
- Add the rest of the ingredients slowly-continuing to whip on high speed. (I use a KitchenAid)
- Use on fresh fruit, pie or make into Merengues. (See Lemon Merengue Pie recipe)
- For Merengues: Pipe into "cookie" shape.
- Bake in an oven until merengue's are dry to touch at 170 degrees for about 2 hours or in a dehydrator at 135 degrees F. for 4 hours.



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4.9 ★★★★★

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