
Meringue Keto Cookies

1g net carb per serving (10 meringues) - 34 calories



Low Carbe Diem
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Servings: 3

5 egg whites

1 tsp lemon juice

1/8 tsp salt

1 c stevia, granulated

1 1/4 tsp vanilla extract

1/4 tsp almond extract (optional)

In a large bowl, beat egg whites, lemon juice and salt until foamy. Add the stevia slowly and continue beating until fully mixed.

Add vanilla and almond extracts, beating until glossy and medium-stiff peaks form.

Pipe (or spoon) mixture into 30 mounds on a parchment paper-lined baking sheet. Bake 5 to 10 minutes at 300 F.

Lower oven temperature to 250 F and bake 20 more minutes. Lower oven temperature again to 200 F and bake another 20 minutes.

Turn off the oven heat. Let meringues cool inside the oven for 1 to 2 hours.

Per Serving: 34 Calories; trace Fat (0.1% calories from fat); 6g Protein; 1g Carbohydrate; trace Dietary Fiber.