



French Meringue Pop Recipe

SERVINGS: 10 POPS

PREPPING TIME: 15 MIN

BAKE TIME: 1 - 2 HRS

Ingredients

- 3 egg whites
- 1 cup granulated sugar
- non-oil based flavor of your choice, or freeze dried fruit & chocolate

OR

- 1/4 cup meringue powder
- 1 cup granulated sugar
- 1/2 cup water
- non-oil based flavor of your choice, or freeze dried fruit & chocolate

Directions

1. Preheat oven to 250 degrees F
2. In a large mixing bowl using a electric hand mixer or a stand mixer fitted with a whisk attachment, combine the water and meringue powder.
3. Whisk on high for about 20 seconds to dissolve meringue powder, try to get rid of most large chunks.
4. Add in your granulated sugar, it's totally OK to do it while the mixer is still running.
5. Whip at med-high until you get stiff peaks
6. Split color, flavor your meringue how you prefer and pipe.
7. For crisp all the way through meringues: Bake for 1 hour, turn oven off and remove meringue after another half hour.
8. For meringues that are a little underdone and marshmallow-y in the center: bake for 45min-1 hour (you'll need to experiment, as this depends on how large your meringues are) and remove from oven, letting cool on the baking sheet for 20 min before serving

Keep in an airtight container for about a week- depending on your humidity levels, it can get stale or absorb moisture from the air faster than that if not baked all the way through till crisp.

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