

## AMERICAN EGG BOARD CULINARY LIBRARY



### CHRISTMAS EVE COOKIES

Total Time: 1 hour – 1 hour and 30 minutes

Cook Time: 40 – 50 minutes

Prep Time: 15 minutes

**Serves:** 18 carrots and 9 Santa hat cookies

### INGREDIENTS

3	large egg whites, room temperature
½ tsp.	cream of tartar
1 ½ cups	powdered sugar, plus extra if needed
1 tsp.	clear vanilla
	Red, orange and green food coloring
	Colored decorator sugars

Yields: 18 carrots and 9 Santa hat cookies

### INSTRUCTIONS

1. Using a stand mixer with a whisk attachment or a hand mixer and a large bowl, beat the egg whites and cream of tartar at a high speed until foamy. Add the powdered sugar 1 tablespoon at a time, until the mixture is glossy and has stiff peaks. Add the vanilla and divide mixture in half.
2. Line 2 baking sheets with parchment paper and lightly spray them with baking spray.
3. Divide the first amount of mixture – adding red food color to 2/3<sup>rd</sup> of the meringue and leaving 1/3<sup>rd</sup> of the meringue white. Put them in separate piping bags. On the first baking sheet, with a medium open tip, pipe a triangle shape for Santa's hat.

Using the remaining white meringue, pipe the trim on the hat and decorate with colored sugars.

4. Divide the second amount of mixture – adding orange food color to 2/3<sup>rd</sup> of the meringue and adding green food color to 1/3<sup>rd</sup> of the meringue. Put them in separate piping bags. On the second baking sheet, with a medium open tip, pipe the orange meringue in the shape of a carrot about 2” long, starting at the base and pulling away from the paper for the tip (you should get roughly eighteen).
5. With the green meringue and a leaf tip, make 2-3 carrot tops attached to the carrot. Bake both sheets on two racks at 225°F for 40-50 minutes. They should be mostly dry. Turn off the oven and let them cool inside the oven.

### NUTRITION INFORMATION

Per serving: 1 cookie

Food Component	Unit	Rounded
<b>Calories</b>		<b>30</b>
Total Fat	(g)	0
Saturated Fat	g	0
Cholesterol	(mg)	0
Poly Fat	g	0
Mono Fat	g	0
Sodium	mg	5
Total Carbohydrate	g	7
Sugar	g	7
Dietary Fiber	g	0
Protein	g	0
Vitamin A	mcg	0
Calcium	mg	0
Iron	mg	0
Vitamin D	mcg	0
Folate	µg	0
Choline	mg	0
Potassium	mg	20