



Meringue Cups with Fresh Fruit

Recipe Courtesy Chef Bryan Woolley

- 3 egg whites
- 1 tsp Splenda™
- 1 tbsp corn starch
- ½ tsp cream of tarter

1. Add egg whites to a large mixing bowl and begin to whip.
2. When egg whites become frothy, add Splenda™, corn starch and cream of tarter.
3. Whip to stiff peaks.
4. Pipe into desired shape of baskets.
5. Bake in a 200 degree oven for about 3 hours.
6. Turn oven off and leave the meringue cups in the oven to finishing drying out.

Fruit:

- 1 mango peeled, and julienned
- 1 nectarine, julienned
- 1 pear peeled, and julienned
- 1 cup pitted bing cherries
- ¼ cup golden raisins
- ¼ cup honey
- 1 tbsp fresh lemon juice
- 1 tsp freshly grated ginger
- 1 tbsp freshly chopped basil
- 1 tsp vanilla
- Grated dark chocolate

1. Combine fruit into a large bowl and set aside.
2. In a small bowl combine, honey, lemon juice, ginger, basil and vanilla. Whisk together.
3. Pour honey mixture over fruit and gently mix to coat fruit.
4. Spoon fruit into meringue cups and lightly top with grated chocolate.
5. Serve and Enjoy! Serves 6

Nutrition Facts

Serving Size: One meringue cup with fruit

Calories	150
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	30mg
Carbohydrates	36g
Dietary Fiber	3g
Sugars	29g
Protein	3g

Diabetic Exchanges

Protein	.5
Fat	0
Carbohydrates	2

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