

No added sugar meringues with date syrup

Takes 12 hours, makes 9 meringues and uses an electric whisk, mixing bowl and a baking sheet

INGREDIENTS

3 large eggs, whites only.

100g date syrup/nectar

1/4 of a lemon

A pinch of salt

DIRECTIONS

Pre heat your oven to gas mark 1, 275°F, 135°C, 115°C fan.

Ensure your whisk and mixing bowl are spotlessly clean and grease free. Any grease present can result in your egg whites not puffing up.

Ensure there is no egg yolk in with your egg whites, add the salt and squeeze the lemon to them, then begin to whisk at a medium speed until they fluff up into soft peaks.

Increase the speed and dribble the date syrup in slowly, stopping occasionally to scrape down the sides of the bowl if necessary.

Continue whisking until the mixture forms stiff, thick, voluminous peaks.

Place a sheet of baking parchment on your baking sheet. Spoon the mixture onto your baking sheet, creating 9 large blobs, each nearly the size of a tennis ball.

Place in the oven for 1 hour, then turn off the oven and leave the baking tray in there to cool overnight/ for 8 hours.

The next day, remove the baking tray, heat the oven again to gas mark 1, 275°F, 135°C, 115°C fan. Place the baking in and cook for 1 hour, prior to when you need to serve the meringues. Remove from the oven and serve, ASAP!

