

Chocolate Meringue Cookies

low fat, low calorie & low carbohydrate recipe

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| [Diet, Health & Beauty](#)

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Check out [How To Make A Perfect Meringue](#).

Check out more of Linda's favorite [Cookie Recipes](#) and [Secrets To Making Perfect Cookies](#), lots of [Chocolate Recipes](#).

Chocolate Meringue Cookies

6 [egg whites](#), room temperature
1/4 teaspoon salt
1/4 teaspoon cream of tartar
1 1/2 teaspoons vanilla extract
1/4 cup unsweetened [chocolate](#) cocoa
1/2 cup sugar
1 teaspoon unsweetened cocoa
1/8 teaspoon ground cinnamon

Preheat oven to 250 degrees F. Line non-stick baking sheets with parchment paper or use the Silpat sheets to prevent the cookies from sticking.

In a small bowl, combine the 1/4 cup cocoa and sugar together; set aside.

In a large bowl using your electric mixer, beat egg whites until foamy. Check out [How To Make A Perfect Meringue](#). While beating, add salt, cream of tartar, and vanilla extract. Add the cocoa/sugar mixture, 1 tablespoons at a time, until the egg whites are stiff and glossy.

Drop batter by tablespoonfuls onto non-stick baking sheets. In a small bowl, combine the remaining 1 teaspoon cocoa and cinnamon. Using a sieve or a sifter, sprinkle mixture over the non-baked cookies.

Bake 90 minutes; turn off the oven, open the door slightly (secure with a wooden spoon), and allow cookies to cool in the oven. Remove from oven and store in a tightly covered (airtight) container.

Yields 50 cookies.

Chocolate Meringue Cookies - Nutritional Information

I cannot guarantee the accuracy of the below information. All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.