

Spooky Ghost Meringues

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/halloween-meringues-recipe>

Ingredients:

- 2 egg whites room temperature
- 1 pinch salt
- 1 pinch cream of tartar
- 3/4 cup powdered sugar sifted
- candy sprinkles tiny silver, chocolate or little seeds for eyes
- 1 chocolate bar dark, melted, optional
- 1/4 cup shredded coconut toasted, optional

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 27 grams
3. Fat: 2 grams
4. Fiber: 1 grams
5. Protein: 2 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 125 milligrams
8. Sugar: 25 grams

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