

# Espresso Meringue Kisses

## **Ingredients:**

For Kisses:

2 egg whites

3/4 cup granulated sugar

1 tsp instant espresso powder

1 tsp vanilla

For Ganache:

1/3 cup whipping cream

2 tsp granulated sugar

2 tsp butter or margarine

3/4 cup semisweet chocolate pieces

## **Directions:**

For Kisses: In a medium bowl let egg whites stand at room temperature for 30 minutes. Meanwhile, line 2 cookie sheets with parchment paper or brown craft paper. Set aside. Stir together the sugar and espresso powder. Add vanilla to egg whites. Beat with an electric mixer on medium speed until soft peaks form (tips curl). Gradually add the sugar-espresso powder mix, 1 tablespoon at a time, beating on high speed just till stiff peak forms (tips stand straight) and sugar is almost dissolved.

Drop mixture by slightly rounded teaspoons 2 inches apart onto prepared cookie sheets. Bake in a preheated 325°F oven for 15 to 20 minutes, or till lightly browned. Remove cookies and cool on wire racks.

For Ganache: In a heavy saucepan stir together the whipping cream, sugar, and butter or margarine. Cook and stir over medium-high heat till sugar is dissolved. Bring mixture to boiling. Meanwhile, place chocolate pieces in a bowl; pour boiling cream mixture over chocolate. Let stand for 5 minutes; stir till smooth. Drizzle cookies with chocolate ganache just before serving. (Ganache may be refrigerated for up to several

days. When ready to use, reheat ganache in a small saucepan over low heat, stirring constantly, till smooth and of drizzling consistency.)

**Nutritional Information:**

*Makes about 48 cookies; per serving (1 cookie):*

Calories: 33

Carbohydrates: 5g

Fat: 0g

Sodium: 3mg

Dietary Fiber: 0g

Protein: 0g

*Source: [www.womenshealthmag.com](http://www.womenshealthmag.com)*