

Cinnamon Meringue Cookies

Ingredients:

- ½ cup liquid egg whites at room temperature (3 egg whites)
- ¼ tsp cream of tartar
- ½ tsp vanilla extract
- 2 tbs truvia
- 1 tbs cinnamon

Directions:

1. Preheat oven to 225 and line cookie sheet with parchment paper
2. Beat egg whites for at least 5 minutes until they start to stiffen. After stiff, slowly add cream of tartar while still beating. Beat for another minute and then slowly add the truvia. Repeat with vanilla extract and then cinnamon.
3. Bake for 45-60 minutes until tops are slightly browned.
4. Turn off oven but leave cookies in there for at least 20 minutes, up to overnight.
5. Carefully peel off parchment paper.