



Vegan Meringues

Meringues are something definitely not vegan at all. BUT there is an alternative for vegans, which is easy and cheap: Aquafaba, the water of chickpeas.

Full of proteins, aquafaba can be beaten like egg white and you can produce extremely yummy meringues with it (WITHOUT any chickpea taste – promised!).

Ingredients

Liquid of 1 tin of chickpeas
100 g sugar
2 teaspoons vanilla extract
1 teaspoon lemon juice

Instructions

- drain the chickpeas (save them for an other recipe with chickpeas) and catch the liquid
- mix the aquafaba with the lemon juice and whisk it with a hand mixer on high speed until the it becomes stiff; this will take 10 – 15 mins, longer than egg white
- when stiff, begin to add the vanilla extract and the sugar, but slowly, only one spoon after another while mixing in between
- when the aquafaba is all glossy and stiff (shouldn't slide down when you tilt the bowl), spoon it on a baking tray with baking paper
- bake at 120 C (non fan) for 1,5 hours or until the meringues start to slightly crack on top (time might vary from oven to oven)
- DO NOT open the oven (otherwise the meringues will be chewy) but let the meringues rest for an other hour in the oven; they will be crispy and fluffy after that time and ready to eat
- to store them, pack the meringues in an airtight box in the fridge