

**Chocolate Meringues with Whipped Topping and Blueberries**

Recipe makes 5 servings  
2 cookies = 1 starch serving

**Ingredients**

1 egg white  
1/8 teaspoon cream of tartar  
1/3 cup granulated sugar  
2 teaspoon sifted unsweetened cocoa powder  
¼ teaspoon vanilla  
5 tablespoons whipped topping  
2/3 cup of fresh blueberries

**Directions**

1. Preheat oven to 220 degrees F. Cover cookie sheet with foil.
2. In bowl, beat egg white with cream of tartar until soft peaks form: gradually beat in sugar until stiff glossy peaks form. Fold in cocoa and vanilla.
3. Drop by heaping tablespoons onto foil lined cookie sheet. Smooth tops of meringue with bottom of spoon to form a peak.
4. Bake in oven 50 minutes. Let cool in oven with door slightly ajar for 1 hour.
5. Store covered at room temperature (meringues can be stored in an air tight container for up to 2 days). Recipe makes approximately 10 cookies.
6. Serve 2 cookies with 1 tablespoon of whipped topping and 2 tablespoons of fresh blueberries. Enjoy!

## Nutrition Information

Serving size: 2 cookies      73 calories

Fat 1g	Potassium 51 mg
Carbohydrate 16 g	Phosphorus 11 mg
Protein 1g	Sodium 15 mg

