

Vegan Lavender Aquafaba Meringues

Ingredients

- 1 can chickpeas or white bean, with the liquid (aquafaba)
- ½ tsp. cream of tartar
- ¾ cup white sugar
- 1 tbsp. food grade lavender flowers
- Food coloring, optional.

Steps

1. Preheat the oven to 250°F (120°C). Prepare two baking sheets with silicone mats or parchment paper, and set aside.
2. Drain the liquid from the chickpeas, preserving the liquid. Measure out ½ cup of the chickpea liquid (aquafaba), and reserve the rest of the liquid and chickpeas for a different use. Add the ½ cup of aquafaba and the cream of tartar to a stand mixer with a whisk attachment, and mix for about 5 minutes, until it is becoming stiff. While the aquafaba whips, place your sugar and lavender in a food processor and process until finely ground.
3. Add the sugar to the whipping aquafaba, one heaping tablespoon at a time, waiting 1-2 minutes before adding the next tablespoon. After all the sugar is added, your meringue should be maintaining stiff peaks- if not, whip a while longer.
4. Pipe or spoon the mixture into 2-inch rounds on the prepared baking sheets- if using food coloring, combine 8 drops blue with 6 drops red for a lavender color. Drip a little down the side of the piping bag before filling to achieve purple swirls.
5. Bake in the preheated oven for around 2 hours. At that time, check for doneness by removing one cookie from the oven and letting it cool. If it is hard and crunchy, turn off the oven and let the rest of your cookies cool in the oven for an additional hour. Take all the cookies off the baking sheet, and store in a dry, airtight container.

