



Meringue

3 egg whites
½ tsp. vanilla
¼ tsp. cream of tartar
¼ cup sugar

Beat egg whites, vanilla, and cream of tartar until soft peaks form. Gradually, add sugar, beating until stiff and sugar is dissolved. Spread meringue over hot pie filling, spreading all the way to the edge of the pastry (this helps to prevent the meringue from shrinking. Bake at 350 degree F for 12 to 15 minutes, or until meringue is golden brown cool.

Reduced Sugar Meringue

Make meringue as directed but reduce sugar to 2 tablespoons and add a dash of powdered stevia extract. Be careful not to use too much stevia. A little can go a long way and too much will give the meringue a bitter aftertaste. Use just a tiny bit and gradually add more if you wish the meringue to be sweeter. *Compliments of Bruce Fife, N.D.*

South Pacific Trading Company
Life is short. Drink it in.



15052 Ronnie Drive, Suite 100 ~ Dade City, FL 33523
Ph. 352.567.2200 ~ Fx. 352.567.2257 ~ www.SouthPacificTrading.com