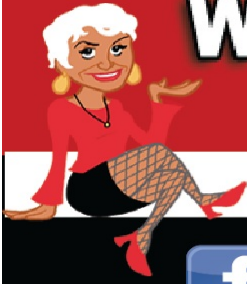


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WALNUT MERINGUES

Stabilization (Week 3) & Maintenance

Ingredients

½ cup egg whites (about 4 large egg whites)
a pinch of salt
1 cup Splenda
½ cup finely chopped walnuts*

Instructions

1. Preheat the oven to 300°. Line 2 cookie sheets with parchment or wax paper.
2. With an electric mixer, beat the egg whites and salt on high speed until soft peaks form.
3. Continue mixing on high speed while adding ½ cup of the Splenda. Add the remaining Splenda by the tablespoon. Beat for another 1-2 minutes until the mixture is stiff and shiny.
4. Drop a spoonful at a time onto the cookie sheets. Flatten each cookie slightly with the back of a spoon. Sprinkle the meringues evenly with the chopped walnuts.
5. Bake until pale golden, about 30 minutes. Let cool.

Portion-Per-Serving Information: (Yields 18 servings) Serving = 2 meringues = 1 FR, 1 FT

*Note: 1 oz. (= 2 TB) of chopped walnuts = 175 calories and 16 gr. fat. This recipe's ½ cup (8 TB) of chopped walnuts = 700 calories and 64 gr. fat. You're on Stabilization now so it is OK to have the cookies, but please plan ahead and DO NOT have more than 2!