

Chocolate Peppermint Kisses

Studded with both chocolate and peppermint, these meringues are the stuff sugar plum dreams are made of. Better yet, because meringue cookies do not require flour, they are lower in carbohydrates than most cookies. Note: For these, a combination of sugar and sugar substitute is used. Do not eliminate the sugar entirely as the cookies will not dry out properly.



3 large egg whites (room temperature)

1/8 teaspoon cream of tartar

6 tablespoons Splenda Sugar for Baking or 6 tablespoons EACH Splenda granulated and granulated sugar

6 tablespoons mini-chocolate chips

3 tablespoons crushed sugar-free peppermint candies (about 6)

1. Preheat the oven to 225 degrees.
2. Line a cookie sheet with either parchment or foil.
3. Place egg whites in a grease free bowl. Add cream of tartar and beat until frothy. Slowly beat in Splenda Sugar for Baking or Splenda granular and sugar 1 tablespoon at a time until egg whites are stiff. Fold in chocolate chips and peppermint with a spatula or spoon.
4. Drop the cookie mixture using a tablespoon onto cookie sheet, lifting the spoon to create rounded mounds. Do not spread batter.
5. Place in oven and bake one hour or until dry to touch and easy to remove from pan.

Serves 24 (1 cookie)

Calories 30; Fat 1 gram (0 saturated); Carbohydrate 6 grams (sugar 8 grams); Fiber 0 grams; Protein 1 gram; Sodium 30 milligrams