



## PECAN DATE MERINGUES

Makes about 4 dozen.

These meringues are bite sized, gluten free, a bit chewy and easy to make.

### INGREDIENTS

- ½ cup pecans, 2 ounces
- 1 cup, 5 ounces natural pitted dates, chilled
- 3 tablespoons super fine blanched almond flour
- 2 large egg whites, at room temperature
- ½ cup scant measure sugar

### PREPARATION

1. Preheat the oven to 350F.
2. Line a large baking sheet with parchment paper.
3. Place the pecans, dates and almond flour into a food processor fitted with the steel blade and pulse until the mixture is semi-finely chopped.
4. Beat the egg whites at high speed. When foamy, gradually add the sugar and continue beating until very stiff. With a rubber spatula, gently fold in the date mixture and combine well.
5. Drop teaspoons of the meringue onto the baking sheet, leaving a little space in between each.
6. Bake the cookies for about 25 minutes. They should turn beige.

7. Let the meringues rest for a minute and then loosen them with a metal spatula. Place on a wire rack to cool.

**NOTE**

I store the meringues in the refrigerator in an airtight container with wax paper between the layers. They taste better when served straight from the refrigerator.