

RECIPE

BLUEBERRY MERINGUE KISSES

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INGREDIENTS

- 3 egg whites (95g)
- ½ cup (130g) applesauce
- 3 tsp (4.5g) freeze-dried blueberries
- 3 tsp (6 g) nutritional yeast
- 75g brown rice flour

NUMBER OF SERVINGS

~ 100 treats

TIME TO PREPARE

10 minutes

TIME TO COOK

30 minutes

TOOLS NEEDED

- Blender or food processor
- Hand or stand mixer
- Mixing bowl
- Baking sheet
- Silicone baking mat
- Plastic freezer bag or pastry piping bag
- Measuring cups and spoons
- Baking or other scale that can measure in grams

PROCEDURE

1. Preheat oven to 350 degrees F
2. Line a baking sheet with parchment paper or silicone baking mat.
3. Add freeze-dried blueberry powder and nutritional yeast to brown rice flour and whisk until thoroughly combined/evenly distributed.
4. Separate eggs, and place egg whites in a mixing bowl (if using hand mixer) or the bowl of a stand mixer. Whip egg whites on high using whisk attachment for 3-5 minutes (depending on machine) until the mixture is fluffy and has tripled in volume/reached the soft peak stage.
5. Add applesauce to the meringue in 3 parts, scraping down sides of bowl after each addition until just incorporated. Do not overmix.
6. Fold in dry ingredients and mix gently until evenly distributed, and a lovely purple color.
7. Transfer meringue mixture to piping bag (or plastic freezer bag with 1 corner cut off). Holding the piping bag ½ inch over the parchment paper/silpat, squeeze out dime-sized (think, half a grape) dollops of meringue mixture, spaced ½ inch apart. Total yield will vary, but typically this recipe yields roughly 100-120 meringues.
8. Place baking sheet in preheated oven and bake for 30 minutes.
9. When fully baked, meringues should be dry/hard to the touch. After removing the baking sheet from the oven, allow the meringues to cool on the baking sheet for 10 minutes.
10. Once fully cooled, it's time to let your pup give them a taste!
11. Transfer remaining treats to an airtight container. Treats should be refrigerated, and can be stored for up to 5 days.