

## Christmas Meringue Wreaths: The Light, Crisp Holiday Treat That's Perfect for Parties

That contrast between the delicate, crunchy shell and the soft, cloud-like center is addictive.



**OVEN**  
**200°F**

**TIME**  
**30 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

Swaps and Notes:

Flavor: Swap vanilla extract for 1/2 tsp of peppermint extract for a minty twist.

Coloring: If you prefer, omit the green coloring for bright white wreaths, or use red food coloring for a festive pink.

Toppings: Try using chopped pistachios (green color!) or finely grated dark chocolate instead of fresh berries.

Altitude: If you live at a high altitude, you may need to reduce the sugar slightly or bake for a longer time at the low temperature.

### DIRECTIONS

1. The secret to a perfect meringue is patience—specifically during the whipping and baking stages.
2. Step 1: Prep the Eggs and Oven: Preheat your oven to a low 200°F (95°C). Line two large baking sheets with parchment paper. Ensure your mixing bowl and whisk attachment are completely grease-free. Separate the room-temperature egg whites into the bowl.
3. Step 2: Whip the Egg Whites: Begin beating the egg whites on medium-high speed. Continue whipping until they form soft peaks—when you lift the whisk, the peaks gently droop over.
4. Step 3: Add Sugar and Achieve Stiffness: Gradually, a tablespoon at a time, add the granulated sugar while the mixer is running. This slow addition is critical for a stable meringue. Increase the speed to high and continue whipping until you achieve stiff, glossy peaks. When you rub a small amount of meringue between your fingers, it should feel smooth, not gritty.
5. Step 4: Add Color and Flavor: Gently mix in the vanilla extract. Then, add 2-3 drops of the green gel food coloring. Mix briefly, just until the color is uniformly incorporated and the meringue is a pale, festive green.
6. Step 5: Pipe the Wreaths: Transfer the meringue into a piping bag fitted with a large star tip (like an open star or French tip). On the prepared parchment paper, pipe the meringue into small wreath shapes (about 3-4 inches wide). You can pipe a full circle, or pipe small, adjacent stars to create the wreath shape.
7. Step 6: Bake and Cool: Place the baking sheets in the preheated oven. Bake for 1.5 hours. The low

temperature is a drying process, not a cooking one, which gives the meringue its crisp shell. After 1.5 hours, turn off the oven and leave the meringues inside to cool completely (at least 1 hour, or even overnight) without opening the door.

8. Step 7: Decorate and Serve: Once cooled, carefully peel the meringue wreaths off the parchment paper. Top each wreath with a dollop of fresh whipped cream, then arrange the cranberries/cherries and small rosemary sprigs on top. Finish with a light dusting of powdered sugar. Serve immediately.

## SWAPS & NOTES

Egg Whites 4 Must be at room temperature for maximum volume.

Granulated Sugar 1 cup Fine sugar dissolves better for a glossy meringue.

Vanilla Extract 1 tsp Use pure vanilla for the best flavor.

Green Gel Food Coloring A few drops Gel coloring is crucial-liquid coloring can ruin the meringue consistency.

## TIPS FOR SUCCESS

Room Temperature is Non-Negotiable: Cold egg whites don't whip to the necessary volume.

Leave them on the counter for 30 minutes before starting.

Grease is the Enemy: Any trace of fat (from oil, butter, or even egg yolk) will prevent the egg whites from whipping properly.

Ensure your bowl and tools are spotless.

