



This really does work, how many of you throw the water/juice away? Now you have an amazing recipe to use it up!

TIPS

- Make them before bed, once cooked turn the oven off and leave the door shut until you wake up in the morning
- Store in an airtight container, they will last a very long time!

INGREDIENTS

100g chickpea water (aquafaba) – that will come from one 400g tin

110g caster sugar

1 vanilla seeds (scraped from the pod) – if you can't get these don't worry too much

STEP 1.

Preheat the oven to 130°C. Line 2 large baking sheets with silicone mats or baking parchment

STEP 2.

Whisk the aquafaba in a stand mixer fitted with the whisk attachment at high speed for at least 15–20 minutes until stiff white peaks have formed – key to this is whip for longer than a normal meringue

STEP 3.

Mix the vanilla seeds into the sugar. With the mixer running, add the sugar a few tablespoons at a time, whisking well after each addition until the sugar granules have dissolved before adding the next batch

STEP 4.

When all the sugar is incorporated and the meringue mixture is thick and glossy, it's ready

STEP 5.

Spoon full, but not heaped, large serving spoons of the meringue mixture onto the lined baking sheets, spaced apart. Alternatively, spoon the mixture into a large meringue piping bag fitted with a large piping nozzle and pipe the meringues for a neater finish

STEP 6.

Bake for 1¼–2 hours until the meringues are fairly firm on top and on the base, but check by removing one from the oven and leaving to cool for a few minutes

STEP 7.

When ready, remove from the oven and leave to cool completely on the mats or paper. If you don't have anything else to put in the oven, you can leave them in the switched-off oven to cool

STEP 8.

Serve with cream, sorbet, fruit, coulis, chocolate – so many options!