

# Sugar Free Coffee Meringues with Ricotta, Cherries & Dark Chocolate



Preparation time: 60 mins

Serves: 4 people

User Rating: ★★☆☆☆

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Categories: Desserts



## Ingredients

- 4 egg whites
- ½ tsp cream of tartar
- 1 tbsp instant coffee granules
- ½ cup erythritol/stevia blend sweetener (we used Natvia), plus approx. 1 tbsp for ricotta cream
- 1 cup (260g) good quality ricotta
- Zest of an orange
- Juice of ½ orange
- 2 cups cherries
- 120g dark chocolate (at least 70% cocoa), grated

Method

- 1. Preheat the oven to 110°C.
- 2. Place the egg whites in mixer bowl and using the balloon whisk beat until frothy. Add the cream of tartar, coffee and sweetener. Beat until stiff peaks form.
- 3. Line two oven trays with baking paper. Take a spoonful of the egg mix and spread to form a disc on the baking paper. Repeat with the remaining egg mix to form either 8 meringue disks (your final dessert will have two layers).
- 4. Bake for 45 minutes. Turn off the oven and slightly open the door leaving the trays in the oven. Leave to cool completely.
- 5. Gently peel the meringues off the paper and store in an airtight container until ready to eat. They will keep for up to three weeks.
- 6. Beat the ricotta with the orange zest, juice and sweetener. Pit the cherries. Spread a layer of ricotta cream on a meringue and dot with cherries and grated chocolate, top with another meringue. End with the cream, cherries and grated chocolate on the top. Serve straight away.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
188g	1439kJ 344kcal	14.6g	23.8g	14.9g	14.9g	10.8g	181mg	3g