

MINUS8



**PEPPERMINT ICEBERG PUFFS DESSERT**  
**Adapted From Cooks.com**

**Ingredients**

3 fresh egg whites  
1 cup sugar  
1/3 teaspoon salt  
1 1/4 teaspoons Dehydr8 Vinegar  
1 tablespoon peppermint schnapps  
1/2 cup crushed peppermint candy

**Directions**

Beat egg whites at high speed until very stiff, about 4 minutes. Reduce to medium speed and add sugar gradually, then salt and Dehydr8 vinegar. Continue beating until very creamy, about 4 or 5 minutes, stirring in schnapps during the final seconds.

Cover a large cookie sheet with wax or parchment paper, and using a spoon, shape into mounds 2 inches apart (makes about 8). Sprinkle tops with crushed peppermint candy. Using a butter knife, swirl carefully from the bottom up and make a peak at top. A tiny drop of red food colouring (or beet juice) can make the swirling more decorative but this is entirely optional.

Bake at 275°F 50 or 60 minutes or until delicately browned and dry on the surface. Remove from paper while still warm.

T

o serve, slice off top horizontally and fill with a scoop of mint chocolate chip or peppermint ice cream garnished with a sprig of fresh mint.

For a special treat, tops may be dipped in tempered mint chocolate or sprinkled with chocolate curls.