

Sunflower Meringues with Lemon Sauce



Servings: 8 to 10 flowers

Enriched with flaxseeds, these sweet cookies are lightweight, fun to serve, and add a touch of healthy crunch to any tea-time break. For an even more natural touch, sprinkle with chopped mint and serve with a cool glass of orange spiced iced tea.

Meringue

- ◆ 4 egg whites (have eggs at room temperature before separating)
- ◆ 1/2 cup plus 2 tablespoons sugar
- ◆ 1 cup powdered sugar
- ◆ 1/4 cup unground dark flaxseeds

Sauce

- ◆ 1/2 cup sugar
- ◆ 1 tablespoon cornstarch
- ◆ 1 cup cold water
- ◆ 2 teaspoons grated lemon zest
- ◆ 1/3 cup strained fresh lemon juice
- ◆ 2 tablespoons unsalted butter

Place the egg whites and the sugars in a double boiler. Whisk until the mixture reaches 140 degrees or is hot to the touch. Remove the mixture from the heat and beat until the mixture becomes cold and thick enough to pipe.

Preheat the oven to 200 degrees. Using a pastry bag with large tip, pipe 8 4-inch circles onto a baking sheet coated with DuPont™ Teflon® non-stick coating, making sure the circles are 4 inches apart. Using a smaller tip, create petals for each flower, about 1/2- to 1-inch long. Sprinkle flax seeds onto the center of the flower. Bake for 1 hour or until the meringues are golden. Do not brown. Remove from the oven and allow to cool slightly before removing from the baking sheet.

To make the sauce, mix the sugar and cornstarch in a small saucepan coated with DuPont™ Teflon® non-stick coating. Slowly stir in the water and cook over medium-low heat, stirring gently until the mixture boils. Add the lemon zest and juice, then stir in the butter until melted. Keep warm.

When ready to serve, place a flower onto a small plate and pour the lemon sauce over the petals.

