

Chocolate Bliss Bites

These sinfully delicious cookies have a rich chocolate flavor – yet are low in carbs, have zero fat, and contain only 25 calories each.

½ c unsweetened cocoa powder

Pinch of salt

½ c sugar, divided

3 lg egg whites

1/8 tsp cream of tartar

1 tsp vanilla extract

1 Tbsp confectioner's sugar

1. Preheat oven to 300 F. Line 2 baking sheets with foil.
2. In a small bowl, sift together cocoa, salt, and ¼ c of the sugar.
3. In a large bowl, with electric mixer at medium-low speed, beat egg whites and cream of tartar until soft peaks form. Beat in remaining ¼ c sugar – ½ tbsp at a time, until meringue is glossy and stiff peaks form. Fold in cocoa mixture and vanilla extract.
4. Drop by rounded teaspoon about 1" apart onto prepared baking sheets. Bake 25 mins for soft, chewy cookies or 40 mins for crisp ones. Dust cooled cookies with confectioners sugar.

Makes @ 24 cookies

Per cookie: 25 cal; 1 g pro, 6 g carb, 13 mg sodium