

Cocoa Lava Kisses

Hands-on - 30 min. Oven - 30 min.

Makes 40 cookies

These heavenly clouds of sweet chocolate work great to take care of a chocolate craving. Unbelievably, they're fat-free! They are intensely sweet, which will make it easier to stop at 3, which is only 60 calories!

These freeze well, making them convenient for future chocolate cravings!

Preheat oven to 250°.

Line 2 cookie sheets with wax paper.

3 egg whites

1/8 tsp salt

Place in medium bowl. Whip with an electric mixer until soft peaks form.

1 cup sugar

Gradually add 1/2 cup of the sugar to egg whites while constantly whipping.

2 tsp water

1 tsp vanilla extract

Combine in a cup. Add to mix, a few drops at a time, alternating with the remaining 1/2 cup sugar while constantly whipping.

3 T unsweetened cocoa powder

Flake cocoa with a fork to break clumps. Sift if necessary. Fold completely into mix. Place bite-size rounded **teaspoons** (not tablespoons) of batter onto the wax paper-lined sheets.

Bake approximately 30 minutes. They will be dry on the outside, but moist and lava-like on the inside. They will retain their shape. (If they become completely dry like Styrofoam, they are overbaked.)

While kisses are still hot, remove from wax paper and place on a wire rack so they will not stick.

After cooling, store kisses in an airtight container.



Nutrition information for 1 cookie

Calories	20	Fat	0 g	Fiber	0 g	Sodium	12 mg	Total Carbohydrate	5 g
Calories from Fat	0%	Saturated Fat	0 g	Cholesterol	0 mg	Protein	0 g	Sugars	5 g