

Ornamental Frosting

PREP about 5 minutes

MAKES about 3 cups

- 1 package (16 ounces) confectioners' sugar
- 3 tablespoons meringue powder*
- assorted food colorings (optional)

1. In bowl, with mixer at medium speed, beat sugar, meringue powder, and $\frac{1}{3}$ cup warm water until blended and mixture is so stiff that knife drawn through it leaves a clean-cut path, about 5 minutes.

2. If you like, tint frosting with food colorings as desired; keep covered with plastic wrap to prevent drying out. With small metal spatula, artists' paintbrushes, or decorating bags with small writing tips, decorate cookies with frosting. (You may need to thin frosting with a little warm water for the right spreading or piping consistency.)

■ Each tablespoon: About 40 calories, 0 g protein, 10 g carbohydrate, 0 g total fat, 0 g fiber, 0 mg cholesterol, 3 mg sodium.

*Meringue powder is available in specialty stores wherever cake-decorating supplies are sold, or from Wilton Industries, 800-794-5866. ★