Meringue Crunchies

Ingredients

85g / 3 oz caster sugar

30g / 1 oz corn flakes, roughly crushed

55g / 2 oz plain chocolate, finely chopped

1 egg white

Pinch of salt

Method

1. Preheat the oven to 150ºC/300ºC/gas mark 2.
2. Beat the egg white and salt until stiff (when you have whipped it enough you will be able to hold the bowl upside down without it falling out).
3. Add the sugar gradually, starting with a spoonful at a time, while whisking on a low speed, until all the sugar has been incorporated.
4. Fold in the chocolate and cornflakes.
5. Drop teaspoonfuls of the mixture onto a baking tray lined with greased baking paper and bake for about 15-20 minutes until firm to touch.
6. Cool on a cooling rack.
7. They will keep for up to three weeks in an airtight container.