

FIG at Home

ASTRONAUT ICE CREAM

Make these delicious crunchy ice cream cookies inspired by the food astronauts eat while in space.

MATERIALS

- Oven
- Baking sheet
- Parchment paper or silicone baking mat
- Electric hand or stand mixer
- 4 egg whites at room temperature
- 1/2 teaspoon cream of tartar
- 1 cup white granulated sugar
- 1/4 teaspoon of your favorite extract, some options are peppermint, vanilla, or almond
- Optional: food coloring



INSTRUCTIONS

1. Preheat the oven to 200 degrees.
2. Line a baking tray with parchment paper.
3. In a large bowl, use the electric beater or stand mixer to whip the egg whites and cream of tartar until mixture is very foamy.
4. Add the granulated sugar in one tablespoon at a time, mixing well in-between each spoonful.
5. Mix until the eggs white and sugar mixture form very stiff, glossy peaks that keep their form.
6. Add a 1/4 teaspoon of your favorite flavoring. If you are using vanilla extract, add 1/2 - 1 teaspoon as it is not as strong as other flavors.
7. Add food coloring and mix until the desired color. Careful not to over mix at this step.
8. Using a tablespoon, drop medium sized dollops onto the parchment paper. You can also use a piping bag or a small melon ball scoop to do this step.
9. Bake in the middle rack of the oven for 1.5 hours.
10. Turn the oven off and leave astronaut ice cream in the oven for one more hour. Don't open the oven door! It's hard to wait, we know, so why not try making some other FIG at Home activities while they sit.
11. Pull out of the oven and munch on some crunchy space food!
12. Tip: This recipe works best on a dry day with low to no humidity. They will still be delicious on a rainy day, but may come out a bit sticky and not quite as crunchy!

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