

Royal Icing for Biscuit Decorating



Serves	1 batch
Prep time	10 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Ingredient

Ingredients

- 1 egg white
- 1 1/2 cup pure icing sugar (sifted)

Directions

1. In a bowl with an electric mixer, whisk the egg white then gradually add in the icing sugar and whisk on low speed until smooth. You need to have a firm pipeable consistency. If it is too hard add a bit more egg white, if it is too soft add some more icing sugar.
2. Transfer the icing to a piping bag. If it doesn't all fit, store the rest in an airtight container until you need it.
3. Pipe directly onto the biscuits and allow to set for 20 minutes.



Note

Low Chemical / Failsafe

Variations:

1. To make coloured icing add a few drops of Hoppers natural food colours (if tolerated).
2. Add some carob or chocolate to the icing sugar before mixing in.