

## The Tomb is Empty Resurrection Cookies



Create lasting Easter memories with **The Tomb is Empty Resurrection Cookies**. This easy and interactive meringue cookie recipe really brings the Easter story to life! As you read the suggested Bible verses (or tell the story in your own words), the kids interact by pounding the nuts, tasting the ingredients, and learning why we celebrate Easter!

*This recipe is meant to be prepared on the night before Easter. The oven is turned off and sealed with tape overnight. The kids get to anticipate unsealing the oven in the morning and tasting the cookies. The best part? The cookies will be empty, like Jesus' tomb!*

### Ingredients

- 1 cup whole walnuts
- 1 tsp. teaspoon vinegar
- 3 egg whites
- 1/8 tsp. salt
- 1 cup sugar
- ½ tsp. cardamom (optional)

### Directions

**Preheat oven to 300-degrees F.**

1. Place walnuts or pecans in the ziplock bag. Have your child/children beat the bag with a wooden rolling pin to break the nuts into pieces.

*Beating the nuts represents how Jesus was beaten by the Roman soldiers after He was arrested. Read [John 19: 1-3](#)*

2. Let the children smell and taste the vinegar, then pour the vinegar into a mixing bowl.

*Explain that when Jesus was on the cross He asked for a drink and was given vinegar. Read [John 19: 28-30](#)*

3. Add the egg whites to the mixing bowl.

*Relay that the eggs represent life. Jesus gave up His life so that we could have eternal life. Read [John 10:10-11](#)*

4. Add a pinch of salt to the bowl.

*Allow the children to taste a few grains of salt. The salt represents the tears that were shed by Jesus' followers and the bitterness of our sins. Read [Luke 23:27](#)*

5. Finally, add the sugar and cardamom to the bowl.

*The sugar represents the sweetest part of the story: Jesus died to save us. Read [John 3:16](#)*

*The cardamom represents the spices that were prepared for his burial. Read [Luke 23:55-56](#)*

6. Beat the bowl ingredients on high speed for approximately 15 minutes, or until stiff peaks form.

*Explain that the color white represents purity. God sees those whose sins have been cleansed by Jesus as white as snow. Read [Isaiah 1:18](#)*

7. Fold the nuts into the egg whites.

8. Drop 1 tablespoon-sized mounds onto two cookie sheets lined with parchment paper.

*Explain that each mound represent the rocky tomb where Jesus' body was laid. Read [Matthew 27:57-60](#)*

9. Put the cookie sheets into the oven, close the door, and **turn the oven OFF**.

*Give each child a piece of tape and seal the oven door. Explain that Jesus' tomb was sealed and guarded by Roman soldiers. Read [Matthew 27:65-66](#)*

*Tell the children it's time for bed. Acknowledge that they may feel sad to leave the cookies in the oven overnight. Remind them that Jesus' followers were also sad when the tomb was sealed. Read [John 16:20](#) and [22](#)*

10. On Easter morning, have the kids unseal the oven and take a cookie. Point out the cracked surface and take a bite. Surprise, the cookies are hollow!

*Explain that on the first Resurrection morning, Jesus' followers were amazed to find that the stone was rolled away and the tomb was empty! Jesus is risen!!! Read [Matthew 28:1-9](#)*