

Coconut Macaroons

3 ingredients · 30 minutes · 24 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a bowl, mix together the shredded coconut, egg whites and maple syrup until well combined.
3. Pack the coconut mixture into a tablespoon and transfer to the baking sheet. Tap gently until the mound slides off. Repeat until all the coconut mixture is used up.
4. Bake for 20 minutes or until golden brown. Let cool slightly before serving. Enjoy!

Notes

Likes it Sweet

Use sweetened shredded coconut instead of unsweetened.

Serving Size

One serving is equal to one macaroon.

Storage

Store in an airtight container in a cool, dry place up to 5 days. Freeze for up to 3 months.

Ingredients

2 1/2 cups Unsweetened Shredded Coconut

4 Egg (medium, whites only)

2 tbsps Maple Syrup

Nutrition

Amount per serving

Calories	72	Vitamin A	45IU
Fat	6g	Vitamin C	0mg
Carbs	3g	Calcium	6mg
Fiber	1g	Iron	0mg
Sugar	2g	Vitamin B12	0.1µg
Protein	2g	Magnesium	1mg
Sodium	15mg	Zinc	0mg