

Primal Coconut Macaroons

Recipe by Alison eats



Makes 16, 36 cal's each

- 2 large egg whites
- ¼ cup honey
- ¼ teaspoon fine sea salt
- 1/4 tsp pure vanilla extract
- 2 ½ cups unsweetened coconut flakes or unsweetened shredded coconut

- 3 1/2 ounces dark chocolate (sugar free) or honey for drizzling

Preheat oven to 180°C. In a medium bowl, whisk together egg whites and honey with a fork. Then Briefly whisk in salt and vanilla. Add the coconut and stir until everything is well incorporated.

Place bowl in fridge to chill for ½ hour. Remove from fridge and scoop mixture onto a two parchment-lined cookie sheets using a 2 TBSP cookie scoop (or spoon) and pat the mixture in firmly and level.

Bake for 10-12 minutes, rotating pans halfway, until golden brown. Remove from oven and allow to cool completely.

In the meantime, place chocolate into a double boiler over simmering water and melt, using a rubber spatula to stir the chocolate in order to avoid burning. Once the chocolate is completely smooth, scoop it into a ziplock bag and seal it well. Using scissors, snip a small corner off the bag and pipe chocolate onto cooled macaroons. You can also just dip the cookies into the chocolate if you prefer a heavier coating. Let chocolate set by placing cookies in the fridge or a cool spot.

If you don't want the chocolate, just drizzle a little honey at the time of serving.