

Macaroons

These guilt free macaroons are delicious!!! You won't be able to have just one!



To make 16 macaroons, you'll need:

- 4 tablespoons of honey or maple syrup
- 150g desiccated coconut
- 2 tsps. vanilla extract
- 3 egg whites
- Pinch of sea salt
- ½ tbsp. coconut oil
- ½ tbsp. raw cacao powder (or cocoa powder)

Pre heat your oven to 180°C and line a baking tray with paper.

Mix together the desiccated coconut, vanilla and honey. Give this all a good stir and then leave to one side.

In a separate bowl whisk together the egg whites and the salt. Whisk until the egg whites are stiff.

Fold the egg whites gently into the coconut mixture and then spoon drops of these onto your baking tray. These shouldn't spread when cooking like some cakes and biscuits do you can put them fairly close together on your baking sheet.

Place our macaroons into the oven. They will only take about 12 minutes but keep an eye on them. You want them to be tinged golden brown.

Meanwhile, melt your coconut oil and mix in the cacao powder. I just melt mine in a cup in the microwave. This will be very runny when it's hot so leave it to one side to cool and thicken slightly until it is the texture of melted chocolate.

Take the macaroons out of the oven and place onto a cooling rack and drizzle with your cooled coconut oil and chocolate mixture. If the macaroons are still slightly warm, this will seep into the which is delicious when you eat them 😊 Enjoy!