COCONUT MACAROONS

Ingredients:

- 350g shredded/desiccated coconut
- 4 egg whites
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 3 tbs maple syrup or honey
- pinch of salt

Method

- whisk the egg whites, vanilla & salt in a large bowl until light and fluffy.
- add the coconut, maple syrup & cinnamon, slowly stir until equally combined.
- use a spoon do dollop equal amounts of mixture onto a grease-proof baking tray or line a tray with grease-proof paper.
- bake at 180c for 15-20mins until golden brown.
- it's always nice to dip them in dark chocolate!

COCONUT MACAROONS

Nutritional Information

Coconut - A wonderful high-fat fruit that has a wide range of health benefits. These include providing you with disease-fighting antioxidants, promoting blood sugar regulation, and reducing certain risk factors for heart disease.

Egg whites - Egg whites are high in protein yet low in calories, fat, and cholesterol.

Vanilla - rich in Antioxidants to help repair your body at the molecular level. Vanilla has also been linked to lesser risks of various diseases, such as cancer and diabetes. It also helps reduce the effects of ageing and promote more vibrant skin.

Cinnamon - The antioxidants in cinnamon have been found to have great anti-inflammatory effects. It's also a fantastic tool for gut health.

Maple syrup - A wonderful substitute to sugar. Pure maple syrup boasts many nutritional benefits and contains up to 24 different antioxidants. It is rich in vitamins and minerals such as manganese, calcium, potassium, magnesium, zinc, copper, riboflavin, phosphorus and iron.