

COCONUT MACAROONS

INGREDIENTS

2 cups unsweetened shredded
coconut

1 tsp stevia

4 egg whites

sea salt

1/2 tsp vanilla

1 cup heavy whipping cream

1 tsp almond extract

PROCEDURE

Preheat oven to 350 degrees.

Mix heavy cream with stevia and extracts. Add coconut and mix well.

Let stand for 1 hour. If mixture feels dry after 1 hour, add a little more cream.

Whip egg whites until peaks form. Fold into coconut.

Using a tsp, place a small amount of the coconut mixture onto a parchment paper lined baking sheet.

Bake 12-15 minutes or until slightly browned.