

FRENCH MACARONS

Ingredients:

For the cookie:

80 grams of almond flour
85 grams of powdered sugar
2 large egg whites - at room temperature
 $\frac{1}{8}$ tsp of cream of tartar
50 grams of granulated sugar
 $\frac{1}{2}$ tsp vanilla extract
Gel food coloring (optional)

For the buttercream filling:

$\frac{1}{2}$ a stick of butter - room temperature
 $\frac{3}{4}$ cup powdered sugar
 $\frac{1}{2}$ tsp vanilla extract
1 tsp milk

First, make the cookie:

- Measure the almond flour and powdered sugar on a food scale and add to the food processor. Pulse until well combined, then set aside.
- In an electric stand mixer with the whisk attachment, add 2 egg whites and beat on medium speed until foamy. Next, add your cream of tartar. Continue beating on medium speed and add about 1 tbsp of sugar at a time. After all the sugar is incorporated beat on medium-high until soft peaks form. Add the vanilla extract and gel food coloring (if you are using food coloring) and beat until stiff peaks form.
- Remove bowl from stand and use a rubber spatula to fold in your almond flour and powdered sugar mixture. Once it is a smooth consistency and you can make a figure eight, stop mixing.
- Place your silicone mat on your cookie sheet (if you don't have a silicone mat, parchment paper works well)

- Put the mixture in your piping bag (you can use a ziplock bag with a hole cut in the tip if you don't have a piping bag) With your Wilton 1A tip. Pipe the mixture onto the baking sheet in approx. 1 and a ½ inch circles.
- Tap the baking sheet several times on the counter to remove air bubbles from the macarons.
- Wait for the macarons to dry for 45 min. To 1 hour. You will know they are dry when you can swipe your finger across the surface and no batter gets on your finger.
- Bake at 300 degrees on the middle rack for 18- 20 min. Your macarons should have risen to have a nice lift on the bottom called a foot.
- Let them cool completely.
- After they are cool match up the cookies into pairs that are similar in size.

For the buttercream filling:

- Place room temperature butter in the mixer. Mix on medium speed until light and fluffy.
- Add powdered sugar (you can sift it first if you would like to but it is not necessary) Mix on medium speed until well combined. When it starts to look clumpy add a dash of milk and the vanilla extract. Mix on low until well combined and smooth and fluffy. Don't overmix or else the butter will separate.
- Put the mixture in a piping bag with Wilton 1A tip. Put a little dollop of the buttercream on half of each cookie pair.
- Put the other half on top of the buttercream and gently press together.

You can garnish however you would like. **Enjoy!**

**Each cookie contains
approx. 116 calories and 16 carbs**