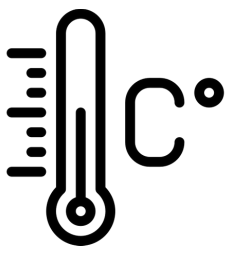
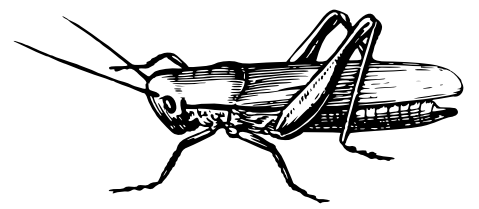


CRICKET MACAROONS

INGREDIENTS

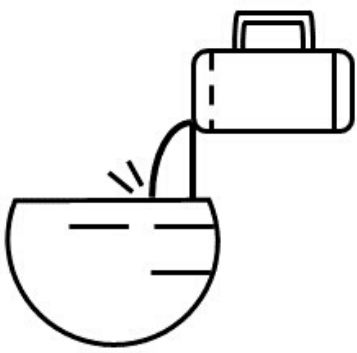
Cricket protein 60 g
Confectioners' sugar 125 g
Egg whites 60 g
Fine granulated sugar 25 g
Vanilla extract 2 drops



1

PREHEAT OVEN

Preheat the oven to 175 degrees C.



2

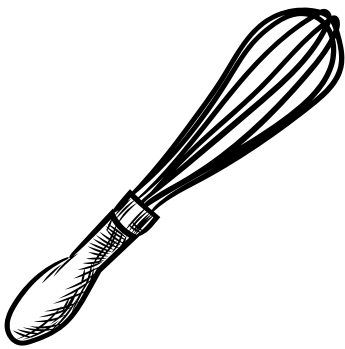
COMBINE

Combine the cricket flour and confectioners' sugar in a food processor for 5 minutes.

3

SIFT

Sift the cricket flour and sugar mix into a bowl.



4

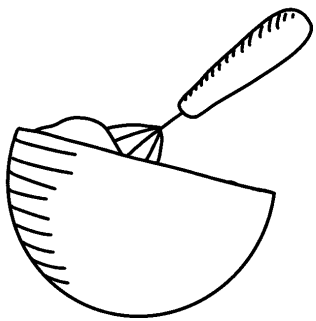
WHIP IT

Whip the egg whites to soft peaks. Add the the fine granulated sugar and whip to stiff, glossy peaks.

5

FOLD IT

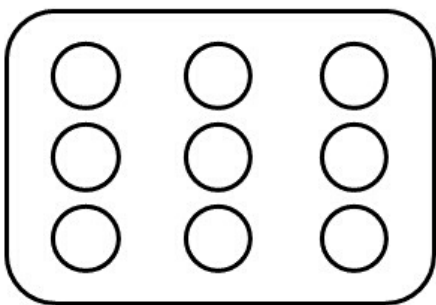
Fold the dry ingredients and the vanilla extract into the egg whites, adding the dry ingredients a third at a time.



6

POUR

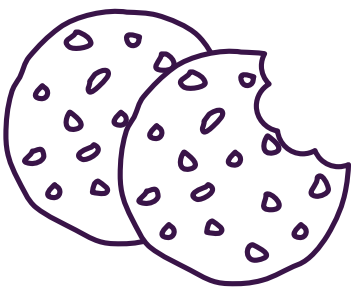
Using a plain tip, deposit the mix on parchment paper in mounds the size of a 20 cents. Dust with confectioners' sugar and allow to stand 10-15 minutes



7

BAKING

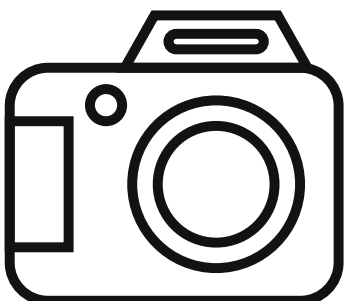
Bake until golden and well risen. Remove from oven and drizzle a little water between the hot pan and the paper so the steam helps release the macaroons.



8

ENJOY IMMEDIATELY AFTER COOLING

These macaroons are best enjoyed immediately after removing from the oven and cooled.



9

SNAP!

Don't forget to take a photo and tag us #tastetomorrow

TAKE A PHOTO OF YOUR MACAROON AND
SHARE IT ON YOUR SOCIALS

#TASTETOMORROW