



Coconut Macaroons

INGREDIENTS:

1 each Egg white

1 Tablespoon Sugar

¼ teaspoon Vanilla extract

1/8 teaspoon Almond extract

¾ cup Sweetened flaked coconut

PREPARATION:

- Preheat oven to 300°F
- Lightly spray baking sheet with pan spray
- Separate egg, use egg white only; place in medium sized bowl or stand mixer bowl with whip attachment.
- On high speed with an electric mixer or stand mixer, whip egg white and slowly add sugar as the egg is whipping.
- Egg white mixture will form stiff peaks.
- Fold in vanilla and almond extract then gently fold in flaked coconut. If over mixed, egg mixture will break and fall.
- Then scoop tablespoon size macaroons onto baking sheet, leave each macaroon about 1 inch apart.
- Bake until tops are pale golden about 15 to 20 minutes.
- Enjoy

Number of servings: 12

Serving Size: 1 each/ 1 tablespoon

Calories: 75

Fat Grams: 3.5

