

Lemon Coconut Macaroons

INGREDIENTS

3 extra large egg whites, room temperature (save those yolks for scrambled eggs using egg whites from a carton)

3 Tbs. raw honey

Honeycombs

2 Tbs. lemon juice (about ½ lemon)

Zest from a whole lemon

1 tsp. lemon extract

2 cups unsweetened finely shredded coconut

3 Tbs. all-purpose gluten free flour

1/8 tsp. sea salt

DIRECTIONS

Preheat oven to 325 degrees. Line cookie sheet with parchment paper.

Combine coconut, gluten free flour, and salt in a prep bowl.

Beating egg whites - Using the whisk attachment to a hand-held or standing mixer, whip egg whites to soft peaks. Gradually add the honey, lemon juice, zest, and extract while continuing to whip until the mixture is glossy and forms stiff peaks.

Pour dry ingredients in and gently fold to incorporate using a rubber/silicone spatula.

Use a cookie scoop or ice cream scoop to drop ball-shaped scoops of cookie mixture onto prepared baking sheet.

Bake for 12-15 minutes, depending upon the size of your scoop.

Yield is about 22 cookies if you use a 1 ½ inch scoop like I did. That size gives a good dimension that is not excessive but is enough for a treat.

Many prefer the unrefined nature of raw honey as in the previous recipe, and that is good. I did use white sugar in the next recipe, but there is just 1/3 of a cup spread out over 20 small macaroons, so I am happy with that. I am sure the sugar could be replaced with honey, (probably less than 1/3 cup), if you wish.

Chocolate Coconut Macaroons

INGREDIENTS

1 1/3 cup unsweetened coconut

3 Tbs. all-purpose gluten-free flour

1/8 tsp. salt

1/4 cup cocoa

2 extra large egg whites, room temperature

1/3 cup sugar

1/4 tsp. almond extract

DIRECTIONS

Preheat oven to 325 degrees. Line cookie sheet with parchment paper.

Blend coconut, gluten-free flour, salt, and cocoa in a prep bowl.

Using a hand-held or stand mixer with whip attachment, whip egg whites to the soft peak stage. Gradually add the 1/3 cup sugar and almond extract and whip until glossy and stiff peaks can be formed.

Gently fold in the dry ingredients using a rubber/silicone spatula until all is incorporated. Using a cookie scoop or spoon, place ball-shaped scoops of mixture onto prepared cookie sheet.

Bake about 25 minutes for 1 1/2 inch scoop-sized macaroons which will yield about 20 cookies.

If desired, drizzle with melted dark chocolate. See below – Chocolate drizzle macaroons

I can easily see how this recipe could use espresso, mint, or finely chopped almonds to change up the flavors!

Chocolate drizzle macaroons

Chocolate Drizzle: ¼ cup dark chocolate morsels melted with 1 tsp. coconut oil

Almond Macaroons

INGREDIENTS

1 carton Solo Almond Paste

1 extra large egg white

½ cup sugar

This recipe calls for maraschino cherry halves for the top, but it is optional.

DIRECTIONS

Preheat oven to 325 degrees. Line baking sheet with parchment paper. Break almond paste into food processor, add sugar and blend together. Add egg white and blend until a dough ball forms.

Form into desired shape. I used my largest star tip, (#1M), to create many little treats!

Bake in prepared cookie pans. Time in the oven depends upon size. My smaller ones were done in 12 minutes.