

Coconut Macaroons #1

2 egg whites
1 tsp vanilla
1 1/2 tsp almond flavoring
2/3 cup coconut sugar
or 3 tbs maple syrup
1/2 tsp salt
2 cups shredded coconut
1/2 cup almond flour (or grind almonds into flour)

preheat oven to 350'. Spray Baking sheet with cooking spray.

With an electric mixer on medium speed, beat egg whites until medium peaks form.
Gradually beat in sugar, vanilla and almond extract and salt.
Turn speed up to high and continue beating until stiff (but not dry) peaks form.

Place coconut in medium bowl. Add almond flour and mix.
Add maple syrup and salt.
Fold egg whites into coconut mixture with a rubber spatula.

Drop tablespoon size onto cookie sheet. Allow space for spreading.
Bake about 20 minutes. until golden brown.
Cool on sheets 1 minute before carefully transferring to wire racks to cool completely.

Makes 25