

Macaroons

Prep Time: 14 minutes + dehydrating time

Macaroons Recipe:

3 cups dried, unsweetened coconut flakes
1-1/2 cups cocoa powder
1 cup maple syrup
1/3 cup coconut butter
1 tbsp vanilla extract
1/2 tsp sea salt

Instructions:

In a large bowl, combine all the ingredients and stir well to combine. You can also use a standing mixer with the paddle attachment.

Using a small ice cream scoop, your hands, or a big tablespoon, spoon rounds of the dough onto dehydrator screens. If you are using your hands, it helps to refrigerate the mix a bit prior to forming the macaroons. Dehydrate at 115F degrees for 12 -24 hours, or until crisp on the outside and nice and chewy on the inside.

Variations: For Blond Macaroons: Replace the cocoa powder in the recipe above with an equal amount of fine almond flour.

We get our produce from:



www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org