



# COCONUT MACAROONS

*Delicious and Nutritious*

SERVINGS: 15

PREPPING TIME: 10MIN

COOKING TIME: 20MIN

## INGREDIENTS

- 4 large egg whites
- 3/4 cups demerara sugar
- 1/2 tsp salt
- 1 tbsp honey
- 2.5 cups unsweetened shredded coconut
- 1/2 cup whole blanched almonds or 1/4 cup almond flour
- 1 tsp vanilla extract
- 4 oz (about 2/3 cup) chopped 70% dark chocolate

## DIRECTIONS

1. Combine that 1/4 cup almond flour with 4 egg whites, demerara sugar, salt, honey, coconut, and vanilla extract in a medium-sized saucepan with a heavy bottom.
2. Place the saucepan over medium-low heat and stir until the egg whites moisten everything, and the sugar melts.
3. Cook the macaroon mixture, stirring constantly so it doesn't scorch the bottom of the pan. Cook the eggs whites mixture and cook off some of the liquid, stir the macaroons for about 5-7 minutes
4. The whole mixture will start to hold together in more of a clump. It shouldn't reach a point where it gets dry, pasty, or crumbly
5. Once the macaroons are done cooking, scrape the dough into a bowl and press a piece of cling wrap on top of it. Let it cool at room temperature for several hours or put it in the refrigerator to speed up the process. At this point, you can pause the process and chill the well-wrapped dough for up to a week, or freeze it for up to two months.
6. Preheat the oven to 325 degrees Fahrenheit. Line a baking sheet with parchment paper, and use a cookie scoop or a tablespoon to form 15-20 cookies. They don't spread at all, so you can place them close together on the baking sheet.
7. Bake them in the preheated oven for 18-20 minutes, rotating them halfway through the baking time so they bake evenly. When they're finished, the macaroons will be golden brown all over and have a crackly, glazed finish.

## NOTES

- If you want to add a touch of chocolate to your macaroons, let the cookies cool completely. Melt the chopped semi-sweet chocolate and dip the bottoms of each cookie in the chocolate, then place them back on the cooled baking sheet to set.
- When set drizzle the melted chocolate over the macaroons for a beautiful, tasty finish! Briefly refrigerate the tray to set the chocolate completely.
- Store them in an airtight container in the refrigerator for up to a week, or in the freezer for several months.



# COCO CHOCOLATE TARTS

SERVINGS: 8

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

## INGREDIENTS

### The Shells

- 1 cup instant oats (70 g)
- ¼ cup almond flour (31g)
- 1 cup desiccated coconut (100 g)
- 1 teaspoon natural cocoa powder
- 4 tablespoon honey or 100% pure maple syrup (80 g)
- 4 tablespoon coconut oil

### The Filling

- 8 oz chocolate 60% to 70% cacao, chopped into small pieces
- 1 cup full-fat coconut milk (250 ml)

## DIRECTIONS

### The Shells

- Preheat the oven to 350°F (175°C) using conventional mode with upper and lower heat.
- Add oats, almond flour, desiccated coconut, and cocoa powder into a food processor bowl and blend until you get a fine mixture. Now add in honey or maple and coconut oil, and continue to blend until everything comes together. Divide the mixture evenly into 2 x 4 inch (10 cm) nonstick tart molds. Press evenly to the sides and bottom, using the back of a spoon.
- Bake in preheated oven for 15 minutes on a lower ⅓ rack. Remove from the oven and leave to cool completely before carefully flipping the tart molds to remove the shells. Place them on a parchment paper, on a baking tray. Set aside.

### The Filling

- Add coconut milk into a pot and heat on medium heat until it's starting to boil. Pour into a bowl that contains the chopped chocolate and leave for 30 seconds. Using a whisk, mix everything together until you get a thick chocolate mixture.
- Pour evenly into the tarts and place in the fridge to chill for 30 minutes or until the filling is fully set. Place some berries on top, slice, and serve!

## NOTES

This plant-based recipe makes a crumbly, melt-in-your-mouth tart using coconut oil instead of butter, and the chocolate filling is made using coconut milk instead of cream. These tarts will absolutely delight everyone!