



# Simply Delicious Christmas

with Shauna Leinster

## Coconut Macaroons

### Ingredients

- 3 eggs whites
- ¼ tsp sea salt
- ½ cup organic xylitol or erythritol (sugar-free substitutes)
- 1 heaping tbsp of coconut oil
- ½ tsp pure vanilla extract
- 3 cups unsweetened shredded coconut
- 2 tbsp coconut flour

### Method

- Preheat oven to 325°.
- Using a stand mixture, whisk egg whites, salt and sugar for 3-4 minutes, until creamy, thick and white.
- Whisk in the coconut oil and vanilla.
- Fold in the shredded coconut and coconut flour, mixing well until the shreds are fully moistened.
- Place mixture in the fridge for 1 hour to firm up making it easier to scoop.
- Using a spring-release cookie scoop, gather the mixture and press it down into the palm of your hand.
- Space each ball a few inches apart on a parchment-lined cookie sheet.
- Bake for 22 minutes.
- Allow to cool completely on a cooling rack before removing from the baking sheet.