

GLUTEN FREE THURSDAY: COCONUT MACAROONS

Ingredients:

Difficulty: Easy
(makes about 24 macaroons, in the size of a big walnut)
(in this recipe, 1 cup = 2.4 dl)

4 egg whites, in room temperature
1 cup / 200 gr. granulated white sugar
1/4 tsp. salt
1 tsp. vanilla extract
1/2 cup / 70 gr. coconut flour
3 cups / 300 gr. desiccated coconut

Instructions:

1. In a heatproof, medium size mixing bowl, put egg whites, sugar, salt and whisk a little.
2. Continue whisking in bain-marie style (that is, put the bowl on top of a pan of simmering water) until you get a warm and creamy mixture. Take away from the heat once done.
3. Add vanilla extract and coconut flour and continue whisking.
4. Add desiccated coconut and whisk more, until all the ingredients are incorporated.
5. Cover the bowl with a stretch film and chill the dough for at least 2 hours.
6. Preheat the oven to 165C.
7. Take about a big walnut size piece from the dough and make balls. Put them on the baking paper, about 2 cm apart from each other. If you chilled the dough enough before, then they won't spread, but it is still good to put them apart. Bake them about 20-25 minutes, or until macaroons get golden brown.