



Chocolate Covered Macaroons

ingredients

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Condensed Milk:

2 Tbsp Butter
3/4 c Sweetener (we use Pyure)
20 oz Heavy Whipping Cream
Vanilla Extract

Macaroons:

14 oz Unsweetened Shredded
Coconut
18-20 oz Condensed Milk
1 Tsp Vanilla Extract
Himalayan Salt
4 Egg Whites

Macros: per macaroon

calories. 119
carbs. 2g
protein. 1.5
fat. 11g

directions

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1. Directions:

Combine the coconut, condensed milk, vanilla and salt in a large bowl. Set aside. In another bowl, add the egg whites and a pinch of salt. Beat egg whites on low for 1 minute, medium speed for 1 minute and then on high until they form a glossy peak. Fold egg whites into the coconut mixture and spoon onto a parchment lined baking sheet. Bake on 325 F for about 15 minutes until golden brown on the top.

1. We decided to drizzle chocolate on ours (and we suggest you do too)! We used about 4 oz of Lily's chocolate chips, a half a cup of cream, and heated it in a small saucepan while whisking until glossy! Drizzle over these delicious bite size deserts and enjoy!

