

Coconut Macaroons



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Recipe by: Laura Vitale

Makes 15-20

Prep Time: minutes

Cook Time: minutes

Ingredients

__ 1 14 oz Bag of Sweetened Shredded

Coconut

__ 1 14 oz Can of Sweetened Condensed Milk

__ 1 tsp of Vanilla Extract

__ ¼ tsp of Almond Extract

__ 2 Egg Whites, at room temperature

__ ¼ tsp of Salt

__ ½ tsp of Cream of Tartar

1) Preheat your oven to 325 degrees.

2) Lay a couple of baking sheets with parchment paper and set aside.

3) In the bowl of an electric mixer, fitted with a whisk attachment, whisk the eggs, salt and cream of tartar until very stiff peaks.

4) Meanwhile in a large bowl mix together the remaining ingredients until the condensed milk is incorporated well throughout the shredded coconut. Fold in the whipped egg whites gently making sure not to deflate them.

5) Using a small ice cream scoop, drop the macaroons about an inch apart on the prepared baking sheets. Bake for about 30 minutes or until golden brown and crisp.

6) Let cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely.



You know I have never really known anybody that makes macaroons and I don't know why. I think it could have to do with the fact that macaroons sound really shee shee and fancy and people probably think that you have to go to an expensive bakery to get them, when in reality it's one of the easiest things in the world to make. Admittedly it's not of those treats I eat often, simply because I know my dentist would so not approve. They are very sweet and sticky, but let's face it, that's what makes them so wonderful isn't it? It's definitely a treat, but if you are going to treat yourself now is the time to do it. I love this time of year it's full of happy family gatherings, and yummy food. I say go all out and enjoy every bite of it! There macaroons should definitely come with a warning on them though because they are addicting!