



Katie's Chocolate Dipped Macaroons (aka drop cookies)

What You Need

- 4 Egg whites (save the yolks for adding to your scrambled egg breakfast the next day)
- 4 Cups unsulphured coconut (shredded divided)
- 2 tsp. Vanilla or Almond extract (your choice)
- 3 Tbs. Coconut oil
- ¼ Cup honey (or pure maple syrup)
- 1 ½ Tbsp. all-purpose flour
- ¾ Cup dark chocolate chips (Hershey bars are good for this recipe)
- Nonstick cooking spray
- Wax paper
- Baking sheet
- Wire cooling rack
- Whisk
- 2 Mixing bowl
- Shallow bowl (or pie pan)
- Cooking gloves or sandwich baggies

Before You Start - Preheat the oven to 350°, melt and cool the coconut oil (in a saucepan or in the microwave) add 1 cup coconut to a shallow bowl and set aside. Spread the wax paper on a counter or table (you will use it for cooling the chocolate dipped coconut drops.) Spray baking sheet lightly with nonstick cooking oil.

Let's Make It! In a mixing bowl using a whisk, beat egg whites until frothy. Fold in the coconut oil, flour, vanilla, honey and 3 cups of coconut. Slip on gloves or sandwich bags (I use sandwich bags) and add about 1 tablespoon of the mix into your gloved/bagged hands, roll into a slightly elongated ball, roll in additional shredded coconut (shallow bowl). Place on prepared baking sheet about 2 inches apart and bake for 15 to 20 minutes (until golden brown edges). Remove from the oven and let cool on the baking sheet for about 10 minutes. Transfer to wire cooling rack and let cool completely. When cookies are cooled, place chocolate in a microwave safe container and melt at 15 second intervals until it is smooth (no lumps) stir a little each time to assure it is all melted. Carefully dip one side of the coconut cookie into melted chocolate and place chocolate side up (or laying on the side) on wax paper to harden (about half an hour).

Makes about 2 dozen

Katies tid bits* try sprinkling crushed nuts onto the chocolate and then let it cool