

Coconut Macaroons

Bialik College Kitchen Garden Program



Ingredients:

- 3 cups shredded coconut
- 4 large egg whites
- ½ cup sugar
- ¼ teaspoon salt
- 1 teaspoon vanilla
- chocolate for decorating

Equipment:

- electric mixer with whisk attachment
- metric measuring spoons/cups
- baking trays lined with baking paper

Method:

1. Preheat oven to 160C.
2. Spread coconut onto a tray and bake for 5 minutes so it is slightly toasted.
3. Whisk the egg whites, sugar, vanilla and salt in an electric mixer until well combined and frothy.
4. Place the coconut into the bowl of the egg whites and mix with a wooden spoon.
5. Using wet hands, shape tablespoonfuls of mixture into small balls and place them on a lined baking tray.
6. Bake for 20 minutes or until golden.
7. Let them completely cool, then decorate them using melted chocolate.