

Easy Coconut Macaroons



Preparation time: 25 mins

Serves: 30 people

User Rating: ★★★★★

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Categories: Desserts, Entertaining, Vegetarian



Ingredients

- 2 eggs, separated
- 3/4 cup caster sugar
- 3 cups desiccated coconut

Method

1. Beat egg whites in a medium bowl with an electric mixer until soft peaks form. Gradually beat in caster sugar, 1 tbsp at a time, beating until dissolved between each addition. Beat in egg yolks then fold in coconut until well combined.
2. Spoon tablespoons of coconut mixture, about 5cm apart, onto baking-paper lined oven trays.
3. Cook in a moderately slow oven (160C) for about 20 to 25 minutes or until the macaroons are golden brown. Cool on a tray before storing in an airtight container.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
14g	226kj 54kcal	0.7g	2.3g	1.8g	7.3g	7.2g	7mg	0.5g

All nutrition values are per serve.