

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Almond Macaroons

No baking powder, no coconut—these macaroons are the real deal. Replacing whole eggs with egg whites knocks the cholesterol down to zero, making these bite-sized goodies perfect for a sweet snack or special occasion.

PREP TIME: 10 min / **COOK TIME:** 14 min / **TOTAL TIME:** 27 min
SERVINGS: 36

1½ c ground toasted almonds
¼ c flour
¼ tsp salt
3 egg whites
½ tsp almond extract or vanilla extract
2/3 c sugar

- 1. PREHEAT** oven to 325°F. Line a baking sheet with parchment paper.
- 2. COMBINE** the almonds, flour, and salt in a small bowl.
- 3. BEAT** the egg whites in a large bowl with an electric mixer on high speed until soft peaks form. Add the almond extract. Gradually beat in the sugar, ¼ cup at a time, until stiff peaks form.
- 4. FOLD** the almond mixture into the egg whites. Drop the batter by heaping teaspoons 2" apart onto the prepared sheet.
- 5. BAKE** for 14 minutes, or until light brown. Cool on a rack for 3 minutes.
- 6. SLIDE** the parchment paper off the pan onto the rack to cool completely. Peel off the paper.

NUTRITION (per serving) 49 cal, 1.2 g pro, 7 g carb, .5 g fiber, 6 g sugars, 2 g fat, .2 g sat fat, 20.1 mg sodium

Recipe Source: Adapted from www.Prevention.com