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