

**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



Coconut Almond and Chocolate Macaroons

Makes about 32 cookies

These cookies are crispy on the outside and chewy on the inside. They are also low fat, low calories but high in taste!

Ingredients

2 egg whites, left out at room temperature for 30 minutes

¼ teaspoon vanilla extract

¼ teaspoon almond extract

2/3 cup sugar

2 teaspoons cornstarch

1 1/3 cup flaked coconut (3 ½ ounces)

¼ cup sliced almonds, toasted*

¼ cup mini chocolate chips

Directions

1. Lightly grease a cookie sheet; set aside. Preheat oven to 325 degrees.
2. In a medium mixing bowl, beat egg whites, vanilla and almond extract with an electric mixer on high speed until soft peaks form (tips curl when lifted from beater).
3. In a small bowl, combine sugar and cornstarch. Gradually add sugar, about 1 tablespoon at a time, beating until stiff peaks form (tips stand straight).
4. Fold in coconut, almonds and chocolate chips.
5. Drop by rounded teaspoon 2 inches apart on prepared cookie sheet. Bake about 20 minutes or until edges are lightly browned. Transfer to a rack and let cool.

*Recipe Note: To toast almonds, place almonds in a dry saute pan over Medium-High heat. Cook, stirring often, until slightly browned. Immediately remove from pan and let cool.

Nutritional Information per Serving:

Calories: 38	Carbohydrates: 6g
Total Fat: 2g	Cholesterol: 0mg
Saturated Fat: 1g	Dietary Fiber: 0g
Protein: 1g	Sodium: 12mg