

# Almond Coconut Macaroons

Recipe from ALWAYS DELICIOUS by David Ludwig, MD, PhD, and Dawn Ludwig

Preparation time: 5 minutes

Total time: 15 minutes

Makes 8 to 12 servings (24 cookies)

## INGREDIENTS

1 1/2 cups almond flour  
1 cup unsweetened finely shredded coconut  
1/4 teaspoon salt  
1/2 teaspoon baking soda  
6 tablespoons avocado oil  
1/4 cup honey  
1 egg, beaten  
1 teaspoon pure vanilla extract

## DIRECTIONS

Preheat the oven to 350°F. Line a baking sheet with parchment paper.

Combine the almond flour, coconut, salt, and baking soda in a large bowl until well mixed.

In a separate bowl, whisk together the oil, honey, egg, and vanilla.

Mix the wet ingredients into the dry ingredients with a spatula until well combined.

Using a round tablespoon or small ice cream scoop, spoon 1 heaping tablespoon of the dough onto the prepared baking sheet; repeat to make 24 cookies, spacing them 1/2 to 1 inch apart. Distribute any remaining dough among the cookies.

Bake for 7 to 9 minutes, or until the tops are golden brown.

Calories: 104 (Per cookie)

Carbohydrate: 6 g

Protein: 2

## VARIATIONS

**Vegan Version:** Omit the egg and increase oil to 1/2 cup

**Chocolate Chip Cookies:** Add 1/4 cup (about 1 1/2 ounces) dark chocolate chips (at least 70% cocoa) to the batter before scooping.

**Snickerdoodles:** Add 1 teaspoon ground cinnamon.

Add other spices like ground cardamom or essential oils or citrus zest like lemon, orange, or tangerine.

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