

Coconut Macaroons



Ingredients

- 1 cup sugar
- 2 1/2 Tbsp cornstarch
- 2 1/2 cups unsweetened coconut flakes
- 1/2 tsp vanilla extract
- 6 oz egg whites (5 or 6 egg whites)

Preparation

- Preheat oven to 350°. Line 2 baking sheets with parchment paper.
- In a large bowl, whisk together sugar and cornstarch until the cornstarch has no lumps. Add the coconut and the vanilla and whisk to combine. Add the egg whites and whisk until combined.
- With an ice cream scoop, scoop dough by tablespoonfuls onto baking sheets. Bake for 10 minutes, or until golden brown. Remove from oven and cool on baking sheets on a wire rack. Remove from baking sheets when completely cool.

Nutrition Facts

Serving size: 1 cookie

Per Serving:

Calories: 81

Fat: 4g

Saturated Fat: 3g

Cholesterol: 0mg

Sodium: 2mg

Carbohydrates: 10g

Fiber: 1g

Protein: 1g

Copyright 2016-2023 © [Baldwin Publishing, Inc. Health eCooks®](#) is a registered trademark of Baldwin Publishing, Inc. Cook eKitchen™ is a designated trademark of Baldwin Publishing, Inc. Any duplication or distribution of the information contained herein without the express approval of Baldwin Publishing, Inc. is strictly prohibited.

Date Last Reviewed: February 6, 2017

Editorial Review: Judy Capodanno, Health eCooking Editorial Director, Baldwin Publishing, Inc. [Contact Editor](#)

Medical Review: Jane Schwartz, RDN, CLT

Learn more about Baldwin Publishing Inc. editorial policy, privacy policy, ADA compliance and sponsorship policy.

No information provided by Baldwin Publishing, Inc. in any article or in any Health eCooks® video, recipe, article and/or other Health eCooks® product or service is a substitute for medical advice or treatment for any medical condition. Baldwin Publishing, Inc. strongly suggests that you use this information in consultation with your doctor or other health professional. Use or viewing of any Baldwin Publishing, Inc. article or any Health eCooks® video, recipe, article and/or other Health eCooks® product or service signifies your understanding and agreement to the disclaimer and acceptance of these terms of use.