



FIXATE RECIPES

COCONUT MACAROONS

Serves: 12 (1 cookie each)

VG

Total Time: 30 min.

Prep Time: 10 min.

Cooking Time: 20 min.

1⅓ cups	unsweetened shredded coconut	1 pinch	sea salt (or Himalayan salt)
⅓ cup	raw sugar	2 large	egg whites
2 Tbsp.	all-purpose flour (or gluten-free flour)	1 tsp.	pure vanilla extract

SPECIAL EQUIPMENT: Parchment paper

1. Preheat oven to 325° F.
2. Line a large baking sheet with parchment paper; set aside.
3. Add coconut, sugar, flour, and salt to a medium mixing bowl; stir to combine. Add egg whites and extract; stir to combine.
4. Spoon 12 evenly sized scoops, approx. 1 Tbsp. each, onto prepared sheet; bake for 18 to 20 minutes, or until golden brown. Allow to cool on pan.

Nutritional Information (per serving):

Calories:	88	Cholesterol:	0 mg	Fiber:	1 g
Total Fat:	6 g	Sodium:	32 mg	Sugars:	6 g
Saturated Fat:	5 g	Carbohydrates:	9 g	Protein:	1 g

THE ULTIMATE
FIX Container Equivalents (per serving)

■ ½ ■ ½

Recipes containing the VG icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.