

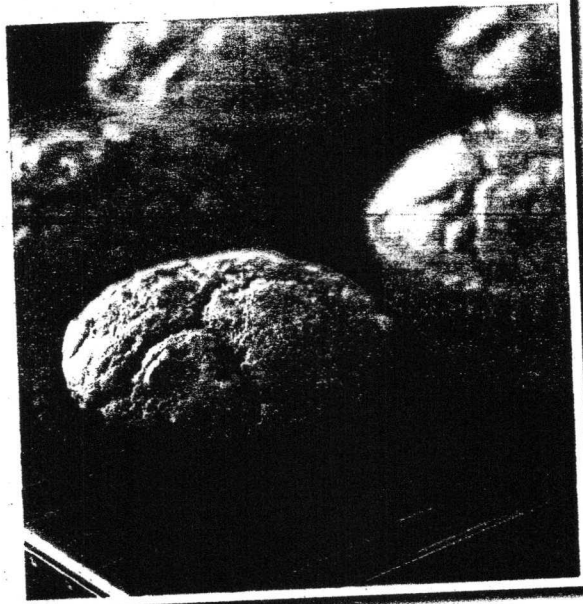
123Bake™

by Dorie Greenspan



Easy Coconut Cakes

For a treat, nothing beats these simple mini muffins. The coconut adds a touch of crunch.



4 large egg whites
1½ cups shredded coconut
2/3 cup sugar
1/2 cup flour

1/2 tsp pure vanilla extract
1/4 tsp salt
1 stick unsalted butter, melted

1 Whisk the egg whites until they are smooth and a little foamy, then add the remaining ingredients one by one. Be especially light-handed when you stir in the butter and flour.

2 Butter two 12-cup mini-muffin pans or fit them with paper liners. Divide the batter among 20 of the cups and bake in a 350°F oven for 17 to 20 minutes. The coconut cakes should be puffy, springy to the touch, and easy to pull away from the sides of the pans.

3 Remove the cakes from the pans immediately. If they're reluctant to come out, rap the pans against the counter. Cool to room temperature before serving with coffee, tea, or even a little jam.

Makes 20. Per muffin: 110 calories, 12g carbs, 1g protein, 10mg cholesterol, and 6g fat.

PHOTO BY ALAMY; NUTRITIONAL ANALYSIS/CONSULTING BY JEANINE SHERRY, M.S., R.D.

Note: If you use regular muffin tins, bake 25-30 min.