Chocolate Almond Macaroons

Source: The Cheese Trap by Neal Barnard, MD; recipe by Dreena Burton

Serve these macaroons as a special treat during the holidays or other gatherings!

About the Recipe

105 Calories · 2 g Protein · 2 g Fiber
Dessert

Ingredients

Makes 18 Servings

- 1 c (96 g) unsweetened shredded coconut
- 1 c (100 g) almond meal
- 1/3 c (29 g) cocoa powder
- 1 tsp (5 mL) baking powder
- 1/4 tsp (1.2 mL) iodized salt
- 1/3 c (80 mL) brown rice syrup
- 1/4 c (60 mL) pure maple syrup
- 1 tsp (5 mL) pure vanilla extract
- 3 tbsp (32 g) nondairy chocolate chips **optional*

Directions

1. Preheat the oven to 350 F (177 C). Line a baking sheet with parchment paper.
2. In a bowl, combine the coconut, almond meal, cocoa, baking powder, and salt and mix well until combined.
3. In another bowl, stir together the rice syrup, maple syrup, and vanilla. Add the wet mixture and the chocolate chips (if using) to the dry mixture and mix until combined.

4. Use a small cookie scoop to scoop 1-tbsp (15-mL) portions of the batter onto the prepared baking sheet. Bake for 14 minutes, until set to the touch (they will still be a little soft inside).
5. Let cool on the baking sheet for a minute, and then transfer to a cooling rack to cool completely. Optional: Melt chocolate chips and drizzle chocolate on top.

Nutrition Facts

Per cookie

Calories: 101 kcal
Fat: 6 g
    Saturated Fat: 3 g
    Calories From Fat: 52%
Cholesterol: 0 mg
Protein: 2 g
Carbohydrates: 9 g
Sugar: 7 g
Fiber: 2 g
Sodium: 64 mg
Calcium: 39 mg
Iron: 0.7 mg
Vitamin C: 0.1 mg
Beta-Carotene: 0 mcg
Vitamin E: 1.5 mg