

# *Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## Coconut Macaroons—Honey-Sweetened, Gluten-Free & Easy!

Adapted from a recipe from [Alice Medrich](#)

Inspired by an article in [Food 52](#)

Made with flaked coconut instead of shredded, these fabulous macaroons are chewy with soft centers and are naturally gluten-free and dairy-free. They are so, so easy to make and to eat on their own, or with fresh berries, [Lemon Curd](#) and a bit of [Raspberry Puree](#).

Makes about 21 macaroons

4 large egg whites

1/3 cup honey

2 teaspoons pure vanilla extract

¼ teaspoon salt

3½ cups unsweetened, dried flaked (not shredded\*) coconut (sometimes known as coconut chips)

Place half an inch of water in a wide skillet over medium low heat and bring it to a slow simmer.

Place the ingredients in the order given in a stainless steel bowl and stir to combine. Set the bowl in the hot water. Use a rubber spatula to stir the mixture continuously for 5-6 minutes or until it is very hot to the touch and the egg whites have thickened slightly.

Remove the bowl from the water and set it on the counter for 30 minutes to allow the coconut to absorb more of the liquid ingredients. Give it a stir once or twice while it sits.

Line two baking pans with parchment paper.

Adjust the oven racks to be in the upper and lower thirds of the oven. Then preheat the oven to 350 degrees.

Give the mixture another stir, then gently pack it into a #40 scoop (1½ tablespoons). Place the cookies about 2 inches apart on the lined baking pans—gently reshaping them as necessary.

Bake for 3 minutes, then rotate the pans top to bottom and front to back. Bake another 3 minutes. The tips of the flaked coconut will just begin to color.

Lower the temperature to 325 degrees and bake for 5 minutes. Lower the heat to 300 degrees and once again rotate the pans top to bottom and front to back. Bake about another 7 minutes until the macaroons are golden brown.

Remove the pans from the oven onto cooling racks. Wait until the macaroons have cooled to gently remove them from the parchment paper.

If you can, wait an hour or two before trying the macaroons—the coconut softens a bit and the cookies improve in taste and texture. Store any leftover macaroons in an air-tight container.

\*With unsweetened shredded coconut, reduce the amount of coconut to 3 cups.