

Gluten Free, Sugar Free Coconut Macaroons



Ingredients:

- 1 1/3 cup unsweetened shredded coconut
- 1/3 cup xylitol or equivalent of stevia
- 2 tbsp rice mix or gluten free flour
- 2 egg whites
- 1/2 tsp almond extract (omit if your recommendations say to avoid sugar and/or alcohol)
- *Optional: 1 tbsp pure cocoa powder*
- *Optional: pure dark sugar-free chocolate*

Preparation:

Preheat oven to 325 degrees F.

Combine coconut, sugar and rice mix. Stir in egg whites and almond extract. Mix well.

Drop from teaspoon onto greased cookie sheets.

Bake for 25 minutes until browned on edges.

Remove at once from baking sheets.

Makes about 12 cookies.

Optional: drizzle or dip in melted pure dark sugar-free chocolate