

Coconut Macaroons



1.5 cups unsweetened coconut flakes
1 cup almond flour or almond meal
Scant $\frac{1}{2}$ tsp. fine sea salt
 $\frac{1}{2}$ pure maple syrup
 $\frac{1}{4}$ cup coconut butter, softened
1 tsp. pure vanilla extract

Chia Seed Jam (yields 1 cup):
3 cups frozen raspberries
 $\frac{1}{4}$ cup pure maple syrup or
to taste
2 tbsp. chia seeds
1 tsp. pure vanilla extract

Add frozen raspberries and maple syrup into a medium pot and bring to a simmer. After 5 minutes or so, stir in the chia seeds. Continue to cook down the mixture for about 15 minutes, or until thickened. Remove from heat and stir in vanilla. Chill in the fridge for a couple hours to thicken more. Preheat oven to 275F. In a large bowl, combine the coconut, almond flour, and salt. Melt the coconut butter over a very low heat. I suggest using a double boiler so it doesn't burn. Add the maple syrup, softened coconut butter, and vanilla into the dry mixture and stir very well until combined. The dough will be very wet and sticky; this is normal. Grab a couple tablespoons of dough at a time with your hands and place it on stone baking ware (it sticks to parchment paper). With a wet finger, press a well into the middle and lightly shape the outsides if necessary. Repeat and fill each with jam. Bake at 275F for 20 minutes. Rotate the pan and bake for another 15-20 minutes until the bottoms are lightly golden and browned, but not burned. Place pan on a cooling rack for 5-10 minutes and then transfer each macaroon onto the cooling rack until completely cool. The macaroons will be very soft at first, but will firm as they cool. I enjoy them chilled, straight from the fridge.

