

Coconut Macaroons

STANDARD PROCESS 21-DAY PURIFICATION PROGRAM



Clearer. Brighter. Lighter.

- 6 egg whites
- ¼ teaspoon sea salt
- ½ cup minimally processed honey
- 1 tablespoon vanilla extract
- 3 cups unsweetened coconut flakes

Preheat oven to 350 F.

In a mixing bowl, blend all ingredients together thoroughly.

Spoon batter onto a piece of parchment paper on a cookie sheet.

Bake for 10-15 minutes until lightly browned.

Let cool on pan about 5 minutes.

Makes about 20 cookies.

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