

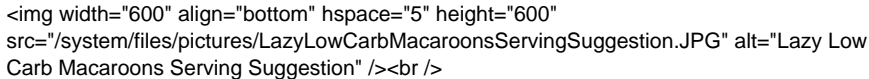
Very Lazy Low Carb Macaroons

Ingredients

- | | |
|-----------------------------------|-------------------------------------|
| 2 egg (organic and pastured, | right?) |
| 1 t vanilla extract | 2 t publix granulated stevia blend |
| (see * at the bottom of the post | for alternatives) |
| 1 pn salt (Himalayan mineral salt | if you have it) |
| 1 ds cinnamon ((optional but | delicious)) |
| 2 c shredded organic coconut | (roasted or not, but absolutely |
| unsweetened!) | 1/4 c ultradark chocolate chips |
| ((optional but very recommended) | love the 85% dark ones from Pascha) |
| 1 T coconut oil (you'll probably | need less, but just in case...) |

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Instructions

A placeholder image for a serving suggestion of lazy low carb macaroons. The image is missing, but the alt text describes it as a serving suggestion for the recipe.

This all started out with a google search for macaroon recipes. A good friend had given me an impossibly huge bag of organic, unsweetened, toasted, shredded coconut. On one hand I could get several huge bags of shrimp and come up with some kind of paleo version of coconut shrimp (which I could still do because this bag of coconut is that huge), on the other hand I wanted to see about more hand held snack options since we can never have too many of those...

Big problem though, most of these recipes called for annoying chi-chi-foo-foo steps like separating eggs, and while I know that egg whites beaten to stiff peaks then with coconut and all that folded in would make for a wonderful and beautiful snack, I just couldn't be bothered. Maybe I'll do that the week that I try to make hollandaise sauce (it's been since 1999...) for a "mad science" version of Eggs

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Benedict, but that's not this week. I also have the interesting habit of NOT wanting to buy, store, or clean extraneous kitchen gadgets (something you'll see in practice as I crush lemon halves by hand to juice them instead of bothering with a citrus juicer while creating a marinade for alligator meat in an upcoming video).

Besides, whole eggs are filled with nutrients, especially the organic, pastured, delicious ones.

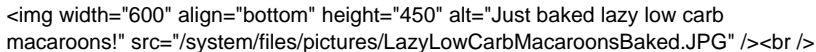
OK here's the simple way to make these little snacks! It makes twelve but you will probably end up eating at least 2-3 of them...

Preheat the oven to 300 Degrees F. Sparingly grease a 12-count muffin tin with a little bit of coconut oil. I just use my fingers or a paper towel for this step. Set muffin tin aside.

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In a large mixing bowl whisk together the two eggs, vanilla extract, Publix brand granulated stevia*, pinch of salt, dash of cinnamon. Make sure everything is fully homogenized before adding the coconut shreds. Mix until all the shreds are damp and could almost be considered "sticky". Also make sure there is no egg mixture lingering in the bottom of the bowl, it needs to coat all the coconut shreds.

Carefully put the coconut mixture into the muffin tin bowls evenly, and if you're using the chocolate chips, I like to put 3 or 4 of them in the middle like they're little bird eggs in a nest. Because... why not?

A placeholder for an image showing just-baked lazy low carb macaroons. The image is not visible, only the alt text is present.

Bake for about 10 minutes if you are using pre-toasted coconut. Watch the edges however if you decide to bake them for longer. Burnt is not tasty! After they are golden brown let them cool in the muffin tin before loosening the edges with a

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butter knife and gently scooping them out. As you see from the first photo, they're fantastic with espresso!

*I like the Publix stevia blend because unlike many mainstream stevia sweeteners, this "granulated" stevia uses erythritol as the other sweet ingredient. It also came in a small jar, which is good considering I don't use this kind of product very often. If you are in a part of the world that does not have Publix Supermarkets (poor you), don't despair, you could easily make these macaroons with just a few drops of liquid stevia extract, or just using straight erythritol. Not worried about carbs or sugars? A tablespoon of honey, or two teaspoons of your favorite natural sugar would also work.
