

Lemon & Coconut Macaroons

Company: Egg Farmers of Ontario

Cook Time: ~20 minutes

Serving Size: 1 each (37 g/1.3 oz)

Cook Temperature: 325°F/165°C

Yield: 25 Portions

Step	Ingredients	Metric Weight	Metric Volume	Imperial Weight	Imperial Volume
2	Coconut, sweetened & shredded	425 g	1.3 L	15 oz	4 1/3 cups
2	Sugar, white granulated	175 g	60 ml	6 oz	¼ cup
2	Flour, all-purpose	50 g	100 ml	2 oz	1/3 cup & 4 tsp
2	Salt, table	2 g	3 ml	0.1 oz	½ tsp
3	Lemon Zest, grated f/fresh or in freezer	-	15 ml	-	1 Tbsp
3	Egg Whites	15 large egg whites	150 ml	15 large egg whites	2/3 cup
3	Vanilla Extract	-	5 ml	-	1 tsp
3	Lemon Juice	-	15 ml	-	1 Tbsp

Preparation Steps to use:

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. Preheat oven to 325°F/165°C.
2. In a large bowl, combine the coconut, sugar, flour and salt.
3. Wash lemons and grate. Add egg whites, vanilla, lemon juice and lemon zest; mix well. If you have leftover lemon zest, place in a sealed container, and hold in the freezer. Leftover lemon zest can be stored for up to 6 months.
4. Line baking sheet with parchment paper. Drop the coconut mixture by 30 mls/2 Tbsp spoonful's using #30 scoop.
5. Bake until golden brown for ~ 20-22 minutes. Cool on a wire rack.
6. Coconut macaroons can last up to 1 week if you store them in an airtight container or alternatively can be frozen in single layers in an airtight storage container with parchment paper placed in between layers.

Plating/Garnishing Suggestions:

Serve 1 Lemon & Coconut Macaroons as a snack item or as dessert at a meal. May garnish with powdered icing sugar at the point of service.

Nutritional Information Per Serving: 1 each (37 g/1.3 oz)

Calories	% of Calories from CHO	Protein	Carbohydrate (CHO)	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Sugars	Total Dietary Fiber	Sodium	Potassium	Calcium	Iron
120 kcal	56 %	2 g	18 g	5 g	5 g	0 g	0 mg	14 g	2 g	90 mg	75 mg	10 mg	0.5 mg
Vitamin A	Vitamin C												
7.2 RE	9.2 mg												