

## Best Macaroon Cookies (S)

Best Macaroon Cookies are not only super delicious, but they are also fiber-filled which will help you to get adequate fiber into your diet while eating a tasty cookie!!! This will likely be the healthiest cookie you have ever eaten because it is packed with protein and superfoods like coconut oil, coconut, and walnuts!! This recipe is found on page 376 of the [Original THM Book!](#)

Makes: Multiple Servings

### INGREDIENTS:

- 6 egg white (s) (or 3/4 cup from a carton)
- 3 pinches [TH Mineral Salt](#)
- 6 tsp [TH Super Sweet Blend](#)  
(6 to 8 tsp, or ¼ tsp [TH Pure Stevia Extract](#))
- 4 Tbs unsweetened cocoa powder
- dash [TH Natural Burst Vanilla Extract](#)
- 2 ½ cups unsweetened coconut flakes
- 1 cup walnuts (halved or loosely chopped)
- 1 Tbs extra virgin coconut oil (melted)



### DIRECTIONS:

1. Put 6 egg whites or 3/4 cup from 100% carton egg whites in bowl and add 3 small pinches mineral salt.
2. Beat whites with an electric beater until stiff peaks form.
3. Add 6–8 tsp TH Sweet Blend or ¼ tsp TH Pure Stevia Extract Powder, 4 Tbs cocoa powder, and dash of vanilla.
4. Beat in added ingredients for about 30 seconds until they have combined well with egg whites.
5. Add 2 & 1/2 cups unsweetened coconut and 1 cup walnuts, either halved or loosely chopped.
6. Add 1 Tbs coconut oil, in liquid form.
7. Combine new ingredients with beaten ingredients, using a spoon.
8. Using slightly oiled fingers, take dropfuls of mix (about cookie size) and gently press into balls. Place on oiled cookie sheet and press down slightly to spread out a little.
9. Bake at 350 degrees on the middle rack, 15-20 minutes (20 minutes gives a crispier feel and the walnuts get a deeper flavor and crunch).