

# Chocolate Covered Coconut Macaroons

This is somewhere between a cake, a biscuit and a “Mounds” Bar (“Bounty” in the UK). An old-fashioned English-style macaroon – not the multi-colored French ground-almond confections that have been all the rage lately. If you like coconut and want a treat, these morsels taste so luxurious and satisfying. They’re quite a chew too so you really get your money’s worth. Sweetened with erythritol and stevia, they won’t give you a sugar-crash later on. Ideal if you’re following a low-carb diet – or for anyone wanting something sweet and healthier than a shop-bought chocolate bar.

## Nutrition Per Piece (makes 12)

Calories: 170 Fat: 17g Protein: 2g Carb: 1g  
Fibre: 2.25g Net Carb: -1.2g



## Ingredients:

### Macaroons:

2 egg whites at room temperature  
100g (4 oz) [desiccated unsweetened coconut](#)  
1 tablespoon of [erythritol granulated sweetener](#)  
1/2 teaspoon [stevia liquid](#)  
1 teaspoon [Vanilla extract](#)  
1/4 teaspoon [almond essence](#)

### Chocolate Topping:

90g (3oz) raw organic [cocoa butter](#)  
60g (2oz) raw virgin [Coconut Oil](#)  
30g (1oz) raw [cocoa powder](#)  
1 teaspoon liquid [stevia liquid](#)  
1 teaspoon [vanilla extract](#)

## Method:

1. Heat oven to 170C (350F gas mark 4 medium)
2. Whisk the egg whites until stiff and glossy with peaks.
3. Add the granulated sweetener, the stevia liquid, the vanilla and almond essences.
4. Whisk in.
5. Fold in the desiccated coconut.
6. Put paper cases in a 12 hole muffin tin and spoon the mixture evenly between the cases (roughly 1 dessertspoon per case).
7. Put in the center of the oven for approximately 15 minutes until the tops are golden brown and the macaroons are firm.
8. Allow to cool.
9. For the chocolate topping: put the cocoa butter and coconut oil in a jug/glass bowl and melt them gently. Either over a saucepan of boiling water or in the microwave (I give mine a blast for 1 minute and then stir, then another minute etc. until dissolved.)
10. Add the cocoa powder and blend thoroughly to remove any lumps.
11. Add the stevia liquid and the vanilla essence. Mix thoroughly.
12. Spoon one tablespoon of chocolate over each macaroon. (If there’s any left over – top up any that look ‘low-tide’).
13. Put in the fridge for 30 minutes until the chocolate is set.
14. Store in an airtight container in the fridge (N.B. The coconut oil in the chocolate has a very low melting point – around 20 degrees C – so they do need to be kept in a cool place).

ENJOY!

*Emma x*

*P.S. Click the ingredients in the list above to find them online.*

