



## Barbara's coconut cookies

## RECIPE

### INGREDIENTS (~1 dozen/12 cookies)

- 3 egg whites
- Pinch of salt
- 35g (1/4 of a cup) sugar
- 160g (1 cup) grated coconut
- Icing sugar

Optional: black chocolate

### INSTRUCTIONS

- Preheat oven to 180C/350F
- Cover a baking sheet with oven paper
- whisk the three egg whites together with a pinch of salt
- add the sugar and coconut and continue to whip with the help of a spatula
- gently shape the dough into small balls
- Bake at 180 for about 20 minutes
- when cooked, sprinkle with icing sugar

OPTIONAL: melt black chocolate (70% and higher) in a bain marie and dip cookie ends into the chocolate so that 1/3-1/2 of the cookie is covered with the melted chocolate

- those dipped in chocolate are best put on a plate in the fridge for 30-60 minutes

### SERVING/NOTES

- Serve with coffee or tea at breakfast or for dessert.
- Store covered carefully in the fridge for up to 3 days or in the freezer in an airtight container for up to 2 weeks (take out 2-3 hours before serving)

### Nutrition tip

While these cookies contain sugar, they also contain a significant amount of coconut, a naturally healthy fruit/nut/seed. Coconut is low in carbs and rich in amino acids, healthy fats, and fiber, making it a great choice for blood sugar control. Coconuts are especially high in manganese, which is essential for bone health and the metabolism of carbohydrates, proteins, and cholesterol. They're also rich in copper and iron, which help form red blood cells, as well as selenium, an important antioxidant that protects your cells.