

LOVE THY CARROT

real food made with love

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RAW VANILLA MACA MACAROONS

This recipe makes about 10 macaroons

INGREDIENTS

2 cups shredded coconut (unsweetened)

2 Tbsp honey or maple syrup

2 Tbsp raw almond butter

1 Tbsp Maca powder (Maca is a superfood, you can find at your local Health Food Store)

1 /2 Tbsp pure vanilla extract

Pinch of sea salt

a little water, (if needed)

1/4 cup shredded coconut to press into the rolled balls

1/4 cup hemp hearts to roll balls into the rolled balls

DIRECTIONS

1. Mix everything together in a food processor just until it begins to stick together. If it is too thick add a drop or two of water, if not sticky enough a bit more almond butter. Taste for sweetness and you could always add a bit more honey or maple syrup if needed.
2. Scoop about a tablespoon of the mixture and roll with your hands into balls. Then if you want roll in a bit more shredded coconut and or hemp hearts.
3. You can eat this now, or I like to place in the fridge or freezer so they firm up a bit. You can store them in the freezer and take them out when ready to eat, just let them sit on the counter to soften up.