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Eat Right **News**



RECIPE  
OF  
THE  
MONTH

## “Almond Joy” Macaroons

MAKES 30 COOKIES

Prep time: 1 hour, 10 minutes

Total time: 2 hours, 40 minutes

½ cup crushed pineapple in juice, drained  
1¾ cups unsweetened shredded coconut  
1 cup sugar  
¾ cup egg whites (from about 5 large eggs),  
or ¾ cup liquid egg whites  
¼ cup all-purpose flour  
½ teaspoon salt  
½ teaspoon pure vanilla extract  
Cooking spray

30 whole raw almonds, skin on  
¼ cup semisweet chocolate chips

**1. In a medium saucepan**, cook the first 6 ingredients over medium-high, stirring constantly, for about 5 minutes or until liquid has evaporated and mixture is sticky. Remove from heat, stir in vanilla, and refrigerate for 1 hour.

**2. Preheat the oven to 350°F** with a rack in the center position. Coat a baking sheet with cooking spray or line it with a silicone baking mat.

**3. Scoop out 30 tablespoon-size balls**

of dough onto prepared baking sheet half an inch apart; press an almond into the top of each. Bake for 20 to 25 minutes or until golden-brown, rotating pan halfway through. Transfer cookies to a wire rack and let cool completely, about 1 hour.

**4. In a small, heat-safe bowl**, microwave chocolate for 25 seconds; stir. Continue heating in 5-second intervals until melted; spoon over cookies in a zigzag pattern. Allow chocolate to harden before serving.

**Nutrition score per serving (1 cookie)**

● 85 calories, 5g fat, 3g saturated fat, 10g carbs, 1g protein, 1g fiber, 6mg calcium, 22mg sodium



● Recipe adapted from *Sweet & Skinny*, by Marisa Churchill (Clarkson Potter; \$24; amazon.com).