

The World's Greatest Coconut Macaroon

An original recipe by Diana Trupiano 1999 (revised Jan. 2000)

Regular Ingredients

1 – 14 oz. Pkg. sweetened flaked coconut
1–14 oz. can sweetened condensed milk
1/4 cup all purpose flour
1-teaspoon vanilla extract
1-teaspoon butter flavor extract

Healthy & Nutritious Version

1 – 14 oz. Pkg. sweetened flaked coconut
1–14 oz. can FAT FREE sweetened condensed milk
1/4 cup soy protein powder or baking mix
1 teaspoon vanilla extract
1 teaspoon butter flavor extract

Preheat oven to 325 F.

In a large mixing bowl, stir flour or protein powder into coconut to blend well. Add condensed milk and extracts; blend very well.

Drop by rounded teaspoonfuls onto a baking stone or double foil lined and buttered or non-stick sprayed cookie sheet, about 2” apart. Bake 15 minutes or until slightly golden brown. Remove cookies with spatula carefully, they will be delicate at first. Let cool for 10 minutes. Store in an airtight container. Makes about 24 cookies.

*If cookies baked on cookie sheets are too brown on the bottom, try reducing the oven temperature and baking longer.

Serving Suggestion:

Melt 1 cup of semi sweet chocolate chips and dip each cookie to coat the bottom. Place on waxed paper until set.