GLOBAL · DESSERT · SNACK

Three-Ingredient Sugar-Free Coconut Macaroons

30 min · Makes 5 × 2 macaroons · 139 kcal a portion · Video 4:23 · lowcarbrecipeideas

Vegetarian · Gluten-free ingredients · No dairy listed · No nuts listed

Just coconut and egg white sweetened with erythritol: dairy-free, no added sugar, and about 1.6 g net carbs and 3 g fibre for two macaroons.

Diet notes: Keto (1.6 g net carbs a serve).

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Ingredients 4 · MAKES 5 × 2 MACAROONS

- ☐ 2 large **egg whites**, at room temperature
- ☐ 30 g (2 1/3 tbsp) **erythritol**
- ☐ a pinch of **salt** (optional)
- ☐ 100 g **desiccated coconut** (unsweetened; shredded also works)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 160°C and line a baking tray with parchment.
2. Whisk the egg whites with the erythritol and salt until foamy. Stir in the coconut until evenly coated, then leave 5 minutes to thicken. 0:33
3. Scoop about 10 mounds onto the tray with a small cookie scoop, then shape them a little with wet fingers. 1:19
4. Bake about 20 minutes, until golden brown. Cool on a rack; they firm up as they cool. 1:43

> **Tip** Egg-free version from the same video: swap the egg whites for 120 g coconut cream; no resting needed, makes about 12. Keeps a week in an airtight tin; warm briefly to re-crisp.

The method is a summary in our words — the video shows every step.

One portion (2 macaroons) gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
139 kcal	2.8 g	4.8 g	3.3 g	13 g	70 mg
580 kJ	6% of a day	1.6 g net · 1.6 g sugars	12% of a day	11 g saturated	3% of a day
		2% of a day		17% of a day	

Energy from net carbs 5% · protein 8% · fat 87% — fits keto: 1.6 g net carbs, 87% of the energy from fat

Source of (10–19%) Selenium 12%

Recipe and video: lowcarbrecipeideas (@lowcarbrecipeideas) on YouTube — youtube.com/watch?v=35YCGDoII3c, published 19 October 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sugar-free-coconut-macaroons