

Chocolate Coconut Macaroons

Recipes by Heather Dane

These are delicious, smooth macaroons that will be sure to satisfy even the processed food lovers in your life! Make sure to read the instructions before preparing them because there is one step you can do the night before to make sure these treats are even easier to digest and therefore, healthier for your gut.

Macaroons make a really nice dessert or late afternoon snack when your blood sugar starts to dip. This recipe includes ingredients like cinnamon and sea salt, which help to keep your energy grounded when eating sweet foods.

Time to prepare: Overnight for soaking the almonds and 15 – 20 minutes for making the actual recipe.

Servings: Makes 10-15 macaroons, depending on size.

Ingredients:

- 1 ¼ cups organic shredded coconut (I use finely shredded coconut. Make sure that there are no sulfites when you read the package label).
- 1 ¼ cups soaked organic almonds (soak the night before – see instructions below)
- 1 ¼ cups organic medjool dates (remove pits)
- 1/4 cup organic coconut butter (This is coconut flesh and coconut oil mixed. This is also called coconut manna)
- 3/4 cup [raw organic cacao powder](#) (you can alternatively use raw cacao beans and grind them in a spice or coffee grinder for an exceptional boost in taste!)
- 1 ½ TBL organic vanilla extract
- 1 TBL organic ground cinnamon
- 2 tsp. sea salt
- *Optional* – 1 TBL organic raw honey (*taste the final recipe and if you feel you need a little more sweetener, add the honey*)
- *Love* – the best chefs swear by adding love to food to make it taste great! A great way to do this is to fully enjoy the process of making these cookies.

Equipment Needed:

- A glass bowl for soaking nuts the night before
- Measuring cups
- Measuring spoons
- A spoon or rubber spatula for mixing
- A food processor with the S-blade
- *Optional:* a small spoon for forming the macaroons after the recipe is completed.
- *Optional:* food dehydrator. You can use your oven at the lowest temperature if you don't have a dehydrator and you want to dry the cookies. Just watch them to make sure you remove them from the oven when they reach the consistency/dryness to softness that you desire.

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Instructions:

- The night before making these macaroons, soak your almonds in filtered water by covering them with water in a glass bowl and putting a top on the bowl (you can use a plate if your bowl does not have a top). This will remove the phytic acid that makes nuts hard to digest. After 8 – 12 hours of soaking, drain the water and rinse the almonds. They are now ready to use for your recipe!
- Put your medjool dates in your food processor with the S-blade and process them until they make a ball. This is just to get them broken down before adding in the other ingredients.
- Add the soaked almonds and coconut to your food processor and pulse and process for a minute or two to blend the ingredients.
- Add the remaining ingredients and mix completely. You will likely need to scrape the ingredients off the side to allow them to mix fully. A rubber spatula is very helpful for this task!
- Decide how big you want the macaroons. I typically make them about 1.5 inches in diameter. That is about the size of a small ball that just fits in the palm of your cupped hand. Keep in mind that these macaroons are richer than those you find in a bakery or processed food package. Smaller portions are typically better for such a rich and satisfying treat.
- Now you have two options. You can chill the macaroons in your refrigerator or put them in your dehydrator for about 4 hours on 115 degrees F. This depends on taste and how you will be serving them.

Refrigerator: if you chill them in the refrigerator, they will get very soft and possibly lose shape if you are going to have to leave them out for over an hour upon serving them. If you dehydrate them for 4 hours, the outside will hold its shape better for leaving them out of the fridge during the day.

Dehydrator: if you have never used a [dehydrator](#), it's not that different from the oven. You are essentially removing moisture by lightly baking the cookie so it will better hold its shape. The longer you dehydrate, the drier the cookie will be, so if you like a drier cookie, you may want to dehydrate it longer. If you like a softer, moister cookie, you would either skip dehydrating or just dehydrate for a short time (say 2 – 4 hours) at 115 degrees F. With 4 hours in the dehydrator, you will have a firm outer layer with a very soft inside. You'd have to dehydrate overnight to fully dry the cookie. What makes these cookies raw is that they are either uncooked or dehydrated at less than 118 degrees F. This means that their natural enzymes are preserved, which can help with digestion. When using a food dehydrator, I recommend using [silicone baking sheets](#) to line the dehydrator trays, instead of the Teflex sheets that often come with the dehydrator. The Teflex sheets are made with Teflon, which is toxic.

- These cookies store for a week in your refrigerator and several months in your freezer.