



healthy_coconut_macaroons

Who says you can't have healthy food treats? My nutrition course students love these.

Ingredients:

- 3 cups dried coconut flakes
- 3/4 cup raw cacao powder or a good quality organic cocoa powder
- 3/4 cup agave nectar
- 2 tbsp (ish) virgin coconut oil

Here's How:

- thoroughly mix coconut flakes and cacao powder in bowl
- mix agave nectar and coconut oil and add to bowl
- stir with spatula to blend
- mix with hands to ball consistency (add more coconut oil if necessary)
- using tbsp measuring spoon, scoop out 1xtbsp mixture and level off
- place on non stick sheet for dehydrator (20-24 hrs at 105F)
- If you don't have a dehydrator, use your oven with just the light on or the very lowest setting possible. In the summer they can be sun dried!