

No-Bake Makaroons (Gluten Free, Vegan)

Play Time Yoga

In a large bowl using a spoon or a food processor mix together but do not over mix:

- 2 cup of unsweetened shredded coconut
- 1 cup almond meal 'flour'
- 3/4 to 1 cup date sugar
- 1/3 -1/2 cup of melted and cooled coconut oil

Optional - if you wish to modify this recipe a little, here are some ideas:

Add 1 teaspoon of almond or vanilla extract;

Add 3-4 pitted dates;

Use other sugars according to what's available or preferable:

- Coconut sugar, Cane Sugar, Palm sugar, Sucanat, Stevia;

You can divide the 'dough' in half and add 1/3 or 2/3 cocoa or carob powder, that way half of the makaroons will be darker, chocolaty brown;

Add 1/3 cup of maca.

Combine all of the ingredients. Have a baking tray ready or a big plate. (Optionally - line the tray/plate with a sheet of parchment paper, for an easy transfer when the makaroons are cooled down and ready to serve.)

Scoop the dough with a tablespoon and form small pyramids, cubes, domes, or shape them into a diamond (shown here). Let them cool down in the refrigerator.

This recipe yields about 30 Makaroon bites (approximately 1" x 1").

They make a great energy-boosting yet kid-friendly snack. Perfect for hiking, biking, before/after yoga session or afternoon pick-me-up. Usually just 1 or 2 makaroons are very satisfying.