

Macarons

Yield: 40 min
Total Time: 64 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-macarons-recipe>

Ingredients:

- 4 ounces ground almonds store bought and sifted before you weigh or home ground in a spice grinder and sifted before you weigh
- 8 ounces icing sugar
- 5 ounces egg whites separated, covered in plastic wrap and left at room temperature for a few hours
- 2 teaspoons macarons this amount of

Nutrition:

1. Calories: 40 calories
2. Carbohydrate: 6 grams
3. Fat: 1.5 grams
4. Protein: 1 grams
5. Sodium: 5 milligrams
6. Sugar: 6 grams

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