

Low-Sugar Coconut Almond Macaroon Cookies

Yield: 8 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-almond-macaroon-recipe>

Ingredients:

- 2/3 cup slivered almonds
- 1 1/4 cups shredded unsweetened coconut I used Bob's Red Mill unsweetened coconut, which I found at a health foods store
- 1/2 cup stevia in-the-Raw Granulated Sweetener, Splenda, or sugar, use Stevia or Splenda for the South Beach Diet
- 1 pinch salt
- 1/4 cup non fat greek yogurt I used Fage Total Greek yogurt
- 2 egg whites I used extra-large eggs
- 2 teaspoons vanilla

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 10 grams
3. Fat: 8 grams
4. Fiber: 2 grams
5. Protein: 4 grams
6. SaturatedFat: 4 grams
7. Sodium: 95 milligrams
8. Sugar: 6 grams

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