

Chewy Coconut Macaroons

Yield

32 cookies (serving size: 1 cookie)

Ingredients

3/4 cup all-purpose flour
2 1/2 cups flaked sweetened coconut
1 1/2 teaspoons vanilla extract
1/8 teaspoon salt
1 (14-ounce) can fat-free sweetened condensed milk

Preparation

Preheat oven to 250°.

Lightly spoon flour into dry measuring cups, and level with a knife. Combine the flour and coconut in a medium bowl; toss well. Add the vanilla, salt, and milk; stir until well-blended. (Mixture will be very thick.)

Drop the batter by scant tablespoons (about 2 teaspoons) 2 inches apart onto a baking sheet lined with parchment paper. Bake at 250° for 50 minutes or until golden brown. Remove from pan; cool cookies completely on wire racks.

Nutritional Information

Calories: 82 (29% from fat)
Fat: 2.6g (sat 2.3g, mono 0.1g, poly 0.0g)
Protein: 1.5g
Carbohydrate: 13.3g
Fiber: 0.5g
Cholesterol: 2mg
Iron: 0.3mg
Sodium: 41mg
Calcium: 33mg