



Andrea's Awesome Macaroons

An incredible cookie that lovingly sustained the class while Anne was in India (Fall 2009)

3 cups dried, unsweetened coconut flakes

1 ½ cups cocoa powder
(replace with fine almond flour for almond macaroons)

1 cup maple syrup

1/3 cup coconut butter/oil

1 tablespoon vanilla extract

½ teaspoon sea salt

- ▬ Combine all ingredients in a large bowl and mix well.
- ▬ Spoon rounds of the mixture onto dehydrator screens and dehydrate at 115°F for 12 to 24 hours or until crisp on the outside and chewy on the inside.

And chanting of course!!!

Enjoy!

www.annenovakyoga.com