

RAW LEMON APRICOT MACAROONS



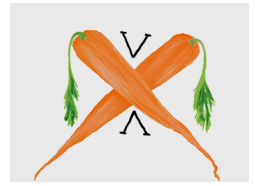
MAKES: ~15 MACAROONS

PREP TIME: 10 MINUTES

CHILL TIME: 1-2 HOURS

TOTAL TIME: 2 HRS + 10 MINS

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

1/2 cup raw cashews

2 cups finely shredded coconut

1/4 cup fruit paste* (recipe link below)

Zest of 1 large lemon

1/4 tsp sea salt

1-2 tsp vanilla bean paste (or sub vanilla extract)

METHOD

Add all ingredients to a food processor. Blend until a ball begins to form and the 'dough' can be easily rolled into balls.

Too sticky? Add more cashews (1 TBSP at a time)! Too dry? Add coconut oil or coconut milk (1-2 tsp at a time!)

Once you have rolled your macaroons, refrigerate 1-2 hours before serving. Store in the fridge for up to 1 week or freeze for 1-2 months.

Enjoy!

NOTES:

[Dried Fruit Paste](http://thevariantveggie.com/blog/2017/5/22/easy-homemade-fruit-paste) - recipe here: <http://thevariantveggie.com/blog/2017/5/22/easy-homemade-fruit-paste>

NUTRITION:

Serving Size: 2 macaroons Total Calories: 115 Total Fat: 9 g

Sodium: 56 mg Potassium: 1 mg Carbohydrate: 5 g

Fiber: 2 g Sugar: 2 g Protein: 2 g