

Coconut Cookie Balls

~Rochers de coco~

 8-10 Servings.  10 mins prep time  25 mins total time  3/5 Nutrition score

INGREDIENTS

Recipe #1: *beaten* egg whites

- 4 egg whites
- $\frac{3}{4}$ cups exactly (160 g) of sugar
- 5 cups (250 g) shredded unsweetened coconut
- A dash of vanilla
- Half a pinch of salt

Recipe #2: *non-beaten* egg whites

- 3 egg whites
- $\frac{1}{2}$ cup (120 g) sugar
- 3 cups (150 g) shredded unsweetened coconut
- A dash of vanilla

If you cannot find unsweetened coconut flakes be sure to reduce the amount of sugar a bit.



DIRECTIONS

Recipe #1: beaten egg whites

1. **Preheat the oven to 300°F (150°C).**
2. **Carefully separate the egg whites from the yolks.** It's so important that there be only egg whites in the mixture, if not it will be difficult to make them fluffy.
3. **Add a half a pinch of salt to the egg whites.**
4. **Take a hand mixer and mix the egg whites for about 4-5 minutes on high.** You will know they are ready when the eggs turn very white and they do not grow in size anymore. If you doubt that they are ready, just keep mixing!
5. **Mix the coconut and sugar together in a separate bowl.**
6. **Slowly sprinkle ¼ of the coconut-sugar mixture on top of the beaten eggs. Use a spatula a gently fold the mixture into the beaten eggs. Repeat this until all of the coconut-sugar mixture is added evening into the egg whites. This is your "batter."**
7. **Using an ice cream scoop or a tablespoon, scoop out a spoons-worth of "batter."** I tend to prefer the ice cream scoop as it helps make the cookie rounder. Don't pack in the batter too tightly into the scoop but make sure the scoop is full. Next, **place the ball on the oven tray with parchment paper.** Using your finger or a spoon, carefully round the edges of the cookies. Make the tops solid and rounded.
8. **Repeat this until all of the "batter" is used up.**
9. **Put the cookies tray in the bottom rack of the oven and set the timer for 12 minutes.** Check on them after 12 minutes, they may need a total of 15 minutes to be fully cooked.
10. **Be very carefully not to over-cook the coconut balls!** You know when they are ready when they turn a light golden brown. **When they are ready, remove them from the oven and let them sit for 5 minutes to cool down.** It's important not to remove them too early



from the cookie tray as they are fragile when they first come out of the oven.

- ii. These coconut cookie balls preserve well in a plastic food container inside (5-7 days) and outside (3-5 days) of the fridge. But I guarantee they won't last long if they sit out on the counter!

Recipe #2: non-beaten egg whites

1. **Preheat the oven to 350°F (180°C).**
2. **Whisk strongly the entire egg, sugar, and shredded coconut together.**
3. **Using an ice cream scoop or a tablespoon, scoop out a spoons-worth of “batter.”** I tend to prefer the ice cream scoop as it helps make the cookie rounder. Don't pack in the batter too tightly into the scoop but make sure the scoop is full. **Next, place the ball on the oven tray with parchment paper.** Using your finger or a spoon, carefully round the edges of the cookies. Make the tops solid and rounded.
4. **Repeat this** until all of the “batter” is used up.
5. **Put the cookie tray in at the bottom rack of the oven and set the timer for 10 minutes.** Check on them after 10 minutes, they may need a total of 15 minutes to be fully cooked.
6. **Be very carefully not to over-cook the coconut balls!** You know when they are ready when they turn a light golden brown. **When they are ready, remove them from the oven and let them sit for 5 minutes to cool down.** It's important not to remove them too early from the cookie tray as they are fragile when they first come out of the oven.
7. These coconut cookie balls preserve well in a plastic food container inside (5-7 days) and outside (3-5 days) of the fridge. But I guarantee they won't last long if they sit out on the counter!

Bon Appétit!
Emilie Anne 

