

# FML

*Food's my life!*

## Keto Coconut Macaroons

1 large egg, lightly whisked  
¾ cup coconut milk  
1 ¼ cup desiccated coconut  
1/3 cup of natural sweetener (stevia or erythritol)  
3 tbsp coconut flour  
1 tsp vanilla extract  
Sugar free chocolate melted for decoration (optional)

1. Preheat oven to 175 degrees Celsius and line a biscuit tray with baking paper
2. Combine all ingredients in a bowl and mix thoroughly until a thick batter forms
3. Use a teaspoon to scoop the mixture and roll into equally sized balls
4. Place on tray and bake for approximately 20 minutes or until golden brown
5. Allow coconut macaroons to cool completely. Melt and drizzle sugar-free chocolate at this stage if you choose
6. Store macaroons in an airtight container in the fridge