**Coconut Macaroons**

Ingredients

2 egg whites

½ teaspoon vanilla

Dash of salt

2/3 cup sugar

1 1/3 Cups sweetened flaked coconut

Directions

* Preheat oven to 325\* F
* In a large bowl, beat egg whites, vanilla, and salt until soft peaks form.
* Gradually add sugar to the mixture. Continue to beat until stiff peaks form.
* With a rubber scraper, gently fold in the coconut into the mixture.
* Grease a cookie sheet with spray or a light vegetable oil.
* Drop from a teaspoon, or ball from your hand, approximately 1 ½ inches apart onto the cookie sheet.
* Bake @ 325\*F for 20 minutes.
* Let the cookies cool on a wire rack.
* Makes 16 – 20 cookies.

Important Thoughts:

1. You are working with eggs. Although you should be fine, eggs carry the potential of food borne illness. Especially SALMONELLA. Sanitation, as always in class, is a paramount concern.
2. Time is of the essence. We have limited time to start and complete our kitchen labs. Please use your time wisely and work cooperatively.
3. You recipe calls for FOLDING IN THE COCONUT INTO YOR MIXTURE. FOLD in this scenario means to combine the ingredients together by gently letting them fall onto each other.