

Coconut Crisps

Calories: 17 kcal

Servings: 2

Time: 20 Mins

Ingredients

- 30.00 g Almond Flour
- 60.00 g Coconut (desiccated)
- 1.00 whole Egg White
- 2.00 tbsp Monkfruit sweetener or erythritol
- 0.13 tsp Vanilla Essence

Instructions

1. Preheat oven to 170°C (340°F).
2. In a medium sized bowl, whisk eggs whites until white and fluffy. Slowly whisk in sweetener and vanilla essence.
3. With a spatula, gently fold in almond flour and desiccated coconut until the dough holds together.
4. Drop a teaspoon full of mixture into balls on to a tray lined with baking paper. Recipe should make approx. 20 coconut crisps.
5. Place in the oven and bake 15-20 minutes, or until golden brown.