

CHOCOLATE WALNUT MACAROONS

INGREDIENTS:

- 3 egg whites
- 1/4 teaspoon salt
- 1 cup sugar
- 2 teaspoons pure vanilla extract
- 2 cups walnuts, chopped
- 1/2 cup dark chocolate, chopped

DRIZZLE

- 3/4 cup dark chocolate, chopped
- 1 tablespoon whipping cream
- 1 cup walnuts, finely chopped

DIRECTIONS:

1. Preheat the oven to 350°F.
2. Beat egg whites with salt in a mixing bowl, using a mixer on medium-high speed. Gradually add sugar and vanilla and beat until stiff peaks form. Gently fold in walnuts and chocolate.
3. Use a pastry bag fitted with a 1-inch round tip and fill with dough. Pipe about 1 tablespoon of dough for each cookie onto a non-stick or parchment-lined cookie sheet. Leave about 2 inches between cookies. Bake on the middle rack for about 15 minutes, until cookies are puffed and tops appear dry. Let cool for 1 minute in pan, then transfer to rack to cool completely.
4. *Drizzle:* Combine chocolate and cream in a bowl, and melt in microwave on high for 1 minute. Stir until completely smooth. Create a makeshift piping bag by pouring melted chocolate into plastic freezer bag and snipping a bottom corner.
5. Pipe the chocolate over the macaroons and sprinkle with walnuts.

Nutrition Facts	
Serving Size 1 macaroon (72g)	
Servings Per Container 12	
Amount Per Serving	
Calories 340	Calories from Fat 220
% Daily Value*	
Total Fat 25g	38%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	16%
Sugars 26g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
 (907) 631-7630
 southcentralfoundation.com

Source: oldwayspt.org

