

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Dehydrator Macaroons

3 cups shredded, unsweetened coconut

1 cup maple syrup

1 T. vanilla

1/2 teas. sea salt

1 1/2 cups almond flour



Combine all ingredients in a large bowl. Using a large spoon or cookie scoop, place the dough in even mounds onto the dehydrator screens or trays covered with Teflex liners. Dehydrate at 115 degrees for 12-24 hours until the cookies are crisp on the outside and chewy on the inside.