



Healthy Keto with
Jim Colbourne
MOVING TO AN HEALTHIER LIFESTYLE

Easy Low Carb Macaroons

0.6g NET Carbs (Low Carb Keto)

Incredible taste with only 3 Ingredients makes this low carb keto an easy and simple recipe. Great frozen.

INGREDIENTS

3 egg whites at room temperature
1/3 cup monkfruit sweetener.
2 cup shredded unsweetened Coconut

Instructions:

1. Mix egg whites with hand mixer until peaks are formed. Watch video for a visual.
2. Fold in shredded coconut and sweetener to egg whites, do not over mix.
3. Once all mix together make 1' balls and add to a baking sheet lined with parchment paper.
4. Bake for 17-20 minutes until they are golden. Enjoy!



1 serving = CALORIES: 31 / TOTAL FAT: 2.7g \ CARBS: 1.3g \
NET CARBS: 0.6g \ FIBER: 0.7g \ PROTEIN: 0.8g
Total servings 12