

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Almond Macaroons

From The Gluten-Free Almond Flour Cookbook by Elana Amsterdam

Makes 20 cookies

1 egg white

¼ cup honey

1 teaspoon lemon zest

1 tablespoon almond extract

2 cups blanched almond flour (You can buy Bob's Red Mill finely ground almond flour, or order larger bags from [www.honeyvillegrain.com](http://www.honeyvillegrain.com).)

1/8 teaspoon sea salt

1. Preheat the oven to 350° F. Line a large baking sheet with parchment paper.
2. In a large bowl, whisk the egg white to stiff peaks with a handheld mixer. Whisk in the honey, lemon zest, and almond extract. Fold the almond flour and salt into the wet mixture. Spoon the dough 1 tablespoon at a time onto the prepared baking sheet, leaving 2 inches between each macaroon.
3. Bake for 10 to 12 minutes, until lightly golden. Let the cookies cool on the baking sheet for 1 hour, then serve.