

Raw fruit and coconut macaroons

Ingredients

½ cup fruit puree

Orange = persimmon

Red = strawberries / raspberries

Yellow/green = Kiwi

Green = ½ Tbsp matcha powder

Blue = blueberries

1 ½ cup unsweetened shredded coconut

¼ cup honey (or alternative sweetner)

2 tsp vanilla extract

1/8 tsp almond or fruit extract

1 Tbsp coconut oil

Directions

1. Create your various colour you would like for your raw macaroons by pureeing about 1 cup worth of the chosen fruits, feel free to use any combination you want to achieve the desired taste and colour
2. Combine fruit puree, coconut, honey, extracts and coconut oil into a blender or food processor and process until the mix has been sufficiently blended. You may want to blend until your coconut looks like it has been finely ground
3. Pour your puree mix onto a teflex-lined dehydrator tray or a parchment lined baking sheet. Keeping in mind you want to not spread the mix too thin but keep it so you will have a good 1/2-inch coat
4. Freeze tray for about 10 minutes to allow the mixture to solidify
5. Using a shot glass or circle cutter create cuts in the fruit mix to outline your macaroons
6. Dehydrate at 115F for 8-9 hours. The outsides of your macaroons should be dry and the inside still moist from the fruit. For the last hour you may want to flip the macaroons to ensure the bottoms are dry
7. Following dehydrating place 1 tsp of your favorite jam or fruit puree between 2 of the macaroon slices!
8. Enjoy!

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