

# Cherry Coconut Macaroons

Recipe by Jesse Lane Lee from Joyous Health

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## Ingredients:

- 1 cup dried cherries
- 1/3 cup maple syrup
- 1 Tbsp coconut oil, melted
- 1 tsp vanilla extract
- 2 cups shredded unsweetened coconut
- 1/2 tsp salt (preferably Himalayan rock salt)

## Instructions:

1. Soak cherries in water for 30 minutes to an hour to soften them up.
2. Preheat the oven to 300F and line a baking sheet with parchment paper or a Silpat.
3. Once the cherries are done soaking, blend them in a food processor with 1/4 cup of the soaking water along with maple syrup, coconut oil and vanilla extract to create a paste.
4. In a medium-sized bowl mix the coconut and salt into the cherry paste.
5. Scoop 1 Tbsp-sized balls of dough onto the baking sheet and bake for 25 minutes, or until the bottom of the macaroons are golden brown. You can place the macaroons fairly close together because their shape won't change while cooking.
6. Remove the macaroons from the oven and let them cool for 30 minutes before storing or serving.