

Raw Lemon Macaroons

Swick

Serves 15 | Active Time: 45 minutes | Total Time: 1 hour 30 minutes

Step 1: Preparing the Macaroons

- 1/2 cups raw cashews
- 2 cups dried coconut, shredded
- 3 tbsp fresh lemon zest
- 1/2 tsp sea salt
- 1/4 cup agave, yacon or honey

Place the cashews in the bowl of a food processor fitted with the metal blade and process to a fine meal. Transfer the mixture to a medium mixing bowl and set aside.

Place the coconut, lemon zest and salt into the food processor. With the motor running, slowly pour in the sweetener and process until the mixture is fully blended and begins to bind and form a ball.

Add the sweet coconut mixture to the bowl with the ground cashews, mixing to combine thoroughly. Be sure that the mixture forms a ball. It should not be too wet.

If the mixture is a bit too wet, it may have been blended too much. If so, simply add a bit more coconut. Alternatively, if the mixture is too dry, blend it a bit more and/or add a touch more agave.

Step 2: Forming the Macaroons

Using a 1- to 2-ounce ice cream scoop, scoop the mixture and press it with palm of your hand — forming a ball shape with a flat bottom. Release and place the macaroon on a tray.

Alternatively, the mixture can be pressed into a small tart shell and used as the base for a raw tart.

Transfer to the refrigerator to chill before using and/or serving.