

BANANA-PECAN MACAROONS

grain-free • gluten-free • dairy-free • sugar-free • sweetener-free • 21DSD

PREP TIME: 10 mins

COOKING TIME: 30 mins

YIELD: 8 servings (2 macaroons each)

macaroons

- 1 cup pecans
- 2 bananas
- 2 teaspoons pumpkin pie spice
- 1 teaspoon cinnamon
- ½ teaspoon salt
- 1 teaspoon vanilla extract
- ½ teaspoon almond extract
- 1 ½ cups coconut, finely shredded

glaze

- 1/2 cup coconut butter, melted but not hot
- 2 tablespoon butter or ghee, room temperature
- 1 teaspoon vanilla extract
- pinch of salt
- 1/8 teaspoon unsweetened cocoa powder

preparation

- Preheat the oven to 275 degrees.
- Pulse the pecans in a food processor until the consistency of a fine nut flour (about 10 seconds). Transfer the pecan flour to a medium bowl.
- Add the bananas to the food processor and process for 30-45 seconds, or until smooth.
- Add the pumpkin pie spice, cinnamon, salt, vanilla & almond extracts to the banana mixture and process for 10 seconds, or until well combined.
- Transfer the banana mixture to the bowl with the pecan flour and mix well with large spoon. Then add in the shredded coconut and continue to fully incorporate the coconut throughout the mixture.
- Using a rounded tablespoon or small ice cream scoop, firmly pack the mixture into the scoop and tap to release onto a parchment-lined cookie sheet. Continue process with remaining mixture.
- Bake for 25-30 minutes or until the edges are golden brown.

After they have cooled, place the macaroons in the freezer for at least 3 hours - this will help the glaze to set.

for the glaze

- Mix together the melted coconut butter and butter or ghee until smooth.
- Add in the vanilla extract and salt.
- Separate out 1 teaspoon of the mixture for the ghost faces and add the cocoa powder and mix thoroughly. The glaze is ready to use when it is thick enough to coat the macaroons, but still will run down the sides - it may have to cool at room temperature for 5-10 minutes depending on how warm the coconut butter was.
- Remove the macaroons from the freezer and place on cooling racks over parchment paper. Take a spoonful of the white coconut butter mixture and spoon over each macaroon. After that layer has set, spoon some more over for a layered effect. Once you are done and the white coconut butter is set, use a toothpick to pick up some of the cocoa-coconut butter mixture and carefully apply faces to each one.
- If you are not on the 21DSD, feel free to add 2 tablespoons of maple syrup or honey to the macaroons!

