

# Cinnamon Toast Crunch Macarons



Vegetarian



Gluten Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



22

CALORIES



91 kcal

DESSERT

## Ingredients

- ☐ 65 grams almond meal/flour
- ☐ 1 cup powdered sugar
- ☐ 45 grams ground up cinnamon toast crunch cereal finely
- ☐ 2 tablespoons brown sugar light packed
- ☐ 95 grams egg whites (close to 3 large egg whites)
- ☐ 1 stick butter unsalted softened
- ☐ 25 grams granulated sugar
- ☐ 0.3 teaspoon ground cinnamon

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## Equipment

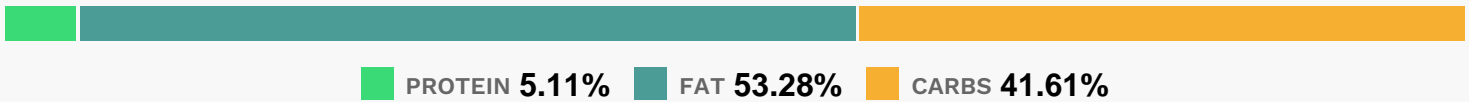
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ stand mixer
- ☐ pastry bag
- ☐ offset spatula
- ☐ sifter
- ☐ kitchen scale

## Directions

- ☐ Preheat oven to 280 degrees F. and line a large baking sheet with parchment paper. Weigh your egg whites, almond flour, powdered sugar, granulated sugar and ground Cinnamon Toast Crunch Cereal on your food scale.
- ☐ In a stand mixer with the whisk attachment add your weighed out egg whites, and sugar beating on medium speed. Beat on medium-high until stiff peaks form. Takes close to 5 minutes. See pictures for visuals. Set aside for a couple minutes.
- ☐ Place the powdered sugar, almond flour and cereal into a large mixing bowl. Stir to combine.
- ☐ Place in a sifter or fine sieve and sift until all dry ingredients have passed through. Gently fold in the egg whites to the dry ingredients, mixing only until just combined.
- ☐ Place batter into a large pastry bag with a large round tip attached. Pipe rounds, about 1/2 inch apart onto a parchment lined baking sheet. Give a good tap or two of the pan to remove any bubbles.
- ☐ Bake macarons for 22–25 minutes. You'll see a shell on top with "feet" around the edges.

- ☐ Let cool completely before removing. Once cooled, take an offset spatula to loosen from parchment. Pair the macarons close in size to each other to prepare for filling.
- ☐ To prepare buttercream, beat softened butter and powdered sugar until creamy and smooth.
- ☐ Add cinnamon and brown sugar to the frosting, beating until combined.
- ☐ Place buttercream into a medium pastry bag with a large round tip attached and pipe a dollop of frosting on the center of a macaron and top with a second macaron.
- ☐ Serve room temperature. Store any remaining macarons in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:3.41, Glycemic Load:0.82, Inflammation Score:-1, Nutrition Score:1.7134782958614%

## Nutrients (% of daily need)

Calories: 90.56kcal (4.53%), Fat: 5.66g (8.72%), Saturated Fat: 2.75g (17.18%), Carbohydrates: 9.95g (3.32%), Net Carbohydrates: 8.56g (3.11%), Sugar: 7.71g (8.56%), Cholesterol: 11.04mg (3.68%), Sodium: 8.36mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.45%), Manganese: 0.36mg (17.95%), Fiber: 1.4g (5.6%), Calcium: 29.21mg (2.92%), Vitamin A: 134.39IU (2.69%), Iron: 0.3mg (1.66%), Selenium: 1.03µg (1.47%), Vitamin B2: 0.02mg (1.34%), Vitamin E: 0.17mg (1.11%)