



Coconut Christmas Wreaths



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



40

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.7 cups confectioners' sugar
- ☐ 5 large egg whites
- ☐ 40 servings food coloring green
- ☐ 40 servings hot candies red
- ☐ 0.3 teaspoon salt
- ☐ 5 cups coconut or dried unsweetened
- ☐ 2 teaspoons vanilla extract

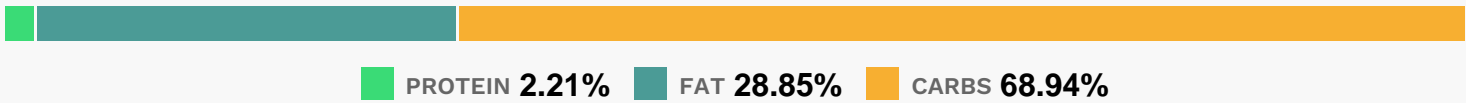
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ Place oven rack in middle of oven and preheat to 375F. Line 2 large baking sheets with parchment.
- ☐ Combine confectioners' sugar, coconut, egg whites, vanilla and salt in a medium bowl and mix with a rubber spatula.
- ☐ Add green food coloring and stir in completely until the dough is desired color. Dough will be sticky.
- ☐ Drop heaping tablespoonfuls of dough onto baking sheets. Moisten your fingers with water. Using your index finger, make a 1/2-inch hole in center of each cookie. Carefully flatten dough with your fingers into a 3-inch wreath shape. Remoisten fingertips with water as needed. (Cookies don't spread as they cook, so leave about 1 inch between them on the baking sheet.) Repeat with remaining dough. Press a few M&M's Minis or other decorations into each cookie.
- ☐ Bake cookies until firm and light brown around edges, 8to 10minutes. (Cookies will firm as they cool; they are very soft coming out of oven.)
- ☐ Let cool on baking sheets on wire racks. Repeat with remaining dough and candies.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.0139130157135%

Nutrients (% of daily need)

Calories: 202.81kcal (10.14%), Fat: 6.86g (10.56%), Saturated Fat: 6.08g (38%), Carbohydrates: 36.91g (12.3%), Net Carbohydrates: 35.17g (12.79%), Sugar: 31.72g (35.24%), Cholesterol: 0mg (0%), Sodium: 25.49mg (1.11%), Alcohol: 0.07g (100%), Alcohol %: 0.17% (100%), Protein: 1.18g (2.36%), Manganese: 0.29mg (14.65%), Fiber: 1.73g (6.93%), Copper: 0.09mg (4.31%), Selenium: 2.84µg (4.06%), Magnesium: 10.04mg (2.51%), Phosphorus: 22.52mg (2.25%), Iron: 0.36mg (2.01%), Potassium: 64.88mg (1.85%), Vitamin B2: 0.03mg (1.79%), Vitamin B6: 0.03mg (1.61%), Zinc:

0.22mg (1.44%)