



## Greek Honey Macaroons



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



89 kcal

DESSERT

### Ingredients

- ☐ 15 oz all purpose flour
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 tablespoon brandy
- ☐ 0.5 cinnamon sticks
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 cup honey

- ☐ 2 teaspoons juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 0.8 cup olive oil
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sesame seed toasted
- ☐ 0.5 cup sugar
- ☐ 0.5 cup walnut pieces toasted finely chopped
- ☐ 0.5 cup water

## Equipment

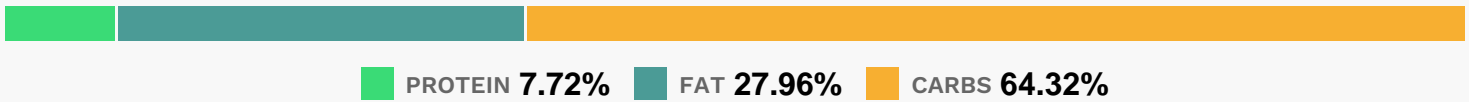
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ aluminum foil
- ☐ stand mixer
- ☐ stove
- ☐ slotted spoon

## Directions

- ☐ For the macaroons:Preheat oven to 350 degrees F. Line several cookie sheets with parchment paper or silicone baking mats.Dissolve the baking soda in the lemon juice in a small bowl and set aside.
- ☐ Whisk together the flour, sugar, baking powder, and salt in a medium bowl and set aside.
- ☐ Place the baking soda mixture in the bowl of a stand mixer.
- ☐ Add in the olive oil, water, brandy, lemon zest, cinnamon, and cloves.

- ☐ Mix on medium speed for 2 minutes until combined. With the mixer on low speed, slowly add the flour mixture.
- ☐ Mix until dough is mostly combined. It should resemble coarse meal, not a solid ball of dough. If you squeeze a handful together, it should stick together.
- ☐ Roll tablespoons of dough into cylinders 2 inches long and 1 inch wide.
- ☐ Place on prepared sheets about 2 inches apart.
- ☐ Combine all the syrup ingredients in a medium saucepan. Bring to a boil on the stove over medium heat, stirring occasionally. Reduce heat to low and let simmer for 5 minutes.
- ☐ Remove from heat and skim any foam off the top. Line several cookie sheets with foil or parchment paper.
- ☐ Place 6–8 cookies at a time in the syrup for about 30 seconds (use caution as syrup will be hot). Use a slotted spoon to remove the cookies, shake off excess syrup, and place on the prepared sheets.
- ☐ Sprinkle cookies immediately with the topping.
- ☐ Let cool for about an hour before serving. Store covered for up to a week.

## Nutrition Facts



## Properties

Glycemic Index:10.26, Glycemic Load:9.57, Inflammation Score:-1, Nutrition Score:2.7608695526648%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 88.66kcal (4.43%), Fat: 2.78g (4.27%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 14.37g (4.79%), Net Carbohydrates: 13.73g (4.99%), Sugar: 4.79g (5.33%), Cholesterol: 0mg (0%), Sodium: 22.34mg (0.97%), Alcohol: 0.14g (100%), Alcohol %: 0.62% (100%), Protein: 1.73g (3.45%), Manganese: 0.19mg (9.58%), Vitamin B1: 0.11mg (7.29%), Selenium: 4.6µg (6.57%), Folate: 24.67µg (6.17%), Copper: 0.1mg (5.08%), Iron: 0.83mg (4.6%), Vitamin B3: 0.78mg (3.91%), Vitamin B2: 0.07mg (3.87%), Phosphorus: 28.53mg (2.85%), Fiber: 0.64g (2.56%), Magnesium: 10.23mg (2.56%), Calcium: 21.26mg (2.13%), Zinc: 0.25mg (1.66%), Vitamin B6: 0.03mg (1.29%), Vitamin E: 0.15mg (1.03%)