



American  
Heart  
Association.

March

# MOVE MORE FOR WHOLE BODY HEALTH

Move more, with more intensity, and sit less. Aim for 150+ minutes each week of moderate-intensity aerobic activity.



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## Raspberry Chocolate Mini Macarons

### Ingredients

- ¼ cup stevia sugar blend
- 1 teaspoon cornstarch
- 3 egg whites
- 1/4 teaspoon cream of tartar
- 3/4 cup almond flour

- 2 tablespoons unsweetened cocoa powder
- 10 drops chocolate-flavored liquid stevia sweetener
- 1 cup raspberries (or) 1 cup unsweetened, frozen raspberries
- 1/2 cup fat-free, plain Greek yogurt
- ½ teaspoon stevia sweetener or 1 packet stevia sweetener

### Directions

1. Preheat the oven to 325°F. Line a large baking sheet with parchment paper.
2. In a food processor, process the stevia sugar blend and cornstarch for 40 to 50 seconds, or until the mixture has a powdery texture (like confectioners' sugar).
3. Place the egg whites in a medium bowl. With an electric or hand mixer on medium-high speed, beat the egg whites for 1 minute, or until frothy. Add the cream of tartar. Beat for 2 to 3 minutes, or until soft peaks form. Gradually add the stevia sugar blend mixture, beating for one minute, or until stiff peaks form (the peaks don't fall when the beaters are lifted).
4. In a second medium bowl, sift together the flour and cocoa powder. Sift again. Pour the flour mixture into the egg whites. Add the liquid stevia sweetener. With a rubber spatula, gently fold the flour mixture into the egg whites, using about 30 strokes, or until no flour is visible.
5. Spoon the mixture into a piping bag fitted with a round tip (between ¼-inch and ½-inch wide), or if using a disposable

6. piping bag, cut a ½-inch hole at the pointed tip. Pipe the batter on the parchment paper into 1-tablespoon round portions (about 1-inch in diameter), leaving 2 inches between each, piping a total of 20 macarons.
6. Lift the baking sheet about two inches from the counter and drop it. Repeat four times. (This will help release any air bubbles that may be in the batter.) Let stand at room temperature for 15 to 30 minutes (depending on the humidity of the room). The batter should form a thin skin and feel slightly tacky.
7. Bake for 25 to 30 minutes, or until the tops are set. Let the macarons cool thoroughly (about 1 hour).
8. Meanwhile, in a small bowl, mash the raspberries with a fork. Stir in the yogurt and stevia sweetener.
9. Once the macarons have cooled, place ten of them flat-side up on a cutting board or sheet of wax paper. Spread 1 tablespoon of the filling on each. Top with the remaining macarons.

5 Servings



192 Calories  
Per Serving



9g Protein  
Per Serving



4g Fiber  
Per Serving



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