

Pineapple Meringues



Ready in 1 hour 15 min

Serves 2

Marshmallow root is a fun ingredient that makes these meringues melt in your mouth. Paired with pineapple it makes for a treat no one can resist.

Ingredients

- ¼ cup Pineapple Crystals
- 2 tablespoons marshmallow root, powdered
- 2 cups shredded coconut
- 4 tablespoons coconut oil
- 2 tablespoons maple syrup

Preparation

1. Put shredded coconut into a blender and pulse a few times.
2. Add the rest of the ingredients and blend until mixed together.
3. Form small spheres and let chill in the fridge for an hour.