



Niagara County Office for the Aging  
111 Main Street, Suite 101  
Lockport, NY 14094  
*Eat Well...Stay Well Dining Program*  
439-4030

*Recipe provided by Niagara County Office for the Aging,  
Eat Well...Stay Well Dining Program*

### **Coconut Macaroons**

1/3 cup all purpose flour  
2 - 1/2 cups shredded coconut  
2/3 cup sweetened condensed milk  
1 teaspoon vanilla

Bake at 350 degrees for 20 minutes.

(Recipe from Heather Suders, Dietetic Intern 2009)