



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)