

Zucchini Bread Recipes

French Macarons – Beginner Friendly Recipe

30 min Prep time	**15 min** Cook time	**45 min** Total time
24 Servings	**Hard** Difficulty	**French** Cuisine

Ingredients

Macaron Shells

- [ ] 100g almond flour
- [ ] 100g powdered sugar
- [ ] 80g egg whites (about 2 large eggs), aged 24h
- [ ] 50g granulated sugar
- [ ] Pinch of salt
- [ ] Gel food coloring (optional)

Filling

- [ ] 100g unsalted butter, softened
- [ ] 150g powdered sugar
- [ ] 1 tsp vanilla extract
- [ ] 2 tbsp heavy cream

Instructions

1. Sift the almond flour and powdered sugar together into a bowl; set aside.



2. In a clean bowl, whisk the aged egg whites with a pinch of salt until frothy, then gradually add the granulated sugar, whisking until stiff, glossy peaks form.



3. Gently fold the sifted dry mixture into the meringue, adding a few drops of gel food coloring if desired, until the batter flows like lava and forms a “figue” shape.



4. Pipe 1-inch circles onto parchment-lined trays, then tap the tray on the counter and let the shells rest at room temperature for 30-45 minutes, until a skin forms.



5 Preheat the oven to 150°C (300°F). Bake the shells for 12-15 minutes, then let them cool completely before removing from the parchment.



6 Whip butter, powdered sugar, vanilla, and cream into a smooth buttercream; pipe or spread onto the flat side of a shell, then sandwich with another shell.



Nutrition per serving

110 kcal	2 g	12 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the shells spread too much, the batter was over-mixed.
- Humidity can prevent the skin from forming; choose a dry day or use a dehumidifier.
- For richer flavor, toast the almond flour lightly before sifting.