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You may not always be skinny, but may you ALWAYS be FABULOUS!



T u e s d a y , S e p t e m b e r

Skinny Lemon Blueberry Macarons with truwhip Filling



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Last week's **Strawberry Cheesecake Macarons** were gone before I could even pawn them off onto my friends and neighbors! People were texting and messaging me, asking for anything that was left uneaten!

So this week, I felt obligated to make another batch, just so I didn't lose any friends. I was thinking about how I could make them even better this time, and there's only one thing that can make a sandwich cookie better than filling it with **truwhip topping**...and that's filling it with **SKINNY truwhip topping**!

Skinny truwhip has 25% less fat than that of original **truwhip** and still has the same amazing **non-GMO ingredients** and outstanding flavor! In fact, my kiddo was eating this stuff right out of the container while it was still frozen!

For the macarons, I used the same Food Network Magazine recipe as the week before, but instead of the **strawberry baking emulsion**, I added some **lemon baking emulsion** and threw some fresh blueberries into the filling mixture.

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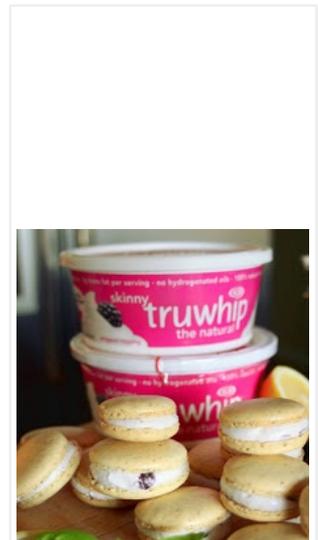
French Macarons (as written by Food Network)

Ingredients:

- 1 3/4 cups confectioners' sugar
- 1 cup almond flour (*I like Trader Joe's the best, but Bob's Red Mill is okay too*)
- 3 large egg whites, at room temperature
- 1/4 teaspoon cream of tartar
- Pinch of salt
- 1/4 cup superfine sugar (*regular granulated sugar works just fine*)
- 2 to 3 drops gel food coloring
- 1/2 teaspoon vanilla, almond or mint extract (*this is where your baking emulsion would go*)
- Assorted fillings (*see below for truwhip Blueberry Cheesecake filling*)

Special Equipment:

- Oven with convection setting
- 4 baking sheets (*2, I'll tell you why below*)
- 3 silicone baking mats (*2*)
- Fine-mesh sieve
- Pastry bag with 1/4-inch round tip (*a ziploc bag with the corner*)





Healthy New Year's Dinners:
Greek Yogurt Chicken Curry



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snipped off works too)

Directions:

Preheat the oven to 300 degrees using the convection setting. Line 3 baking sheets with silicone mats. *(I flip the baking sheet over and place the silicone mat (or Silpat) on top. PLEASE use silicone mats, or Silpats. I know they're expensive, but they make a HUGE difference, and REALLY help keep the cookies in a perfectly round shape. NOTE: You CAN just use parchment paper, but don't expect perfect circles for your cookies).* Measure the confectioners' sugar and almond flour by spooning them into measuring cups and leveling with a knife. Transfer to a bowl; whisk to combine.

Sift the sugar-almond flour mixture, a little at a time, through a fine-mesh sieve into a large bowl, pressing with a rubber spatula to pass through as much as possible. It will take a while, and up to 2 tablespoons of coarse almond flour may be left; just toss it. *(If you're a crazy perfectionist like me, you CAN run the almond flour through the food processor first, to make the grind even finer).*

Beat the egg whites, cream of tartar and salt with a mixer on medium speed until frothy. Increase the speed to medium high; gradually add the superfine sugar and beat until stiff and shiny, about 5 more minutes.

Transfer the beaten egg whites to the bowl with the almond flour mixture. Draw a rubber spatula halfway through the mixture and fold until incorporated, giving the bowl a quarter turn with each fold.

Add the food coloring and extract. Continue folding and turning, scraping down the bowl, until the batter is smooth and falls off the spatula in a thin flat ribbon, 2 to 3 minutes *(don't over stir the batter, or you'll end up with flat little frisbees. Not that I've EVER done that or anything. Someone told me.)*

Transfer the batter to a pastry bag fitted with a 1/4-inch round tip *(or just the plain old ziploc I told you about earlier)*. Holding the bag vertically and close to the baking sheet, pipe 1 1/4-inch circles (24 per sheet). Firmly tap the baking sheets twice against the counter to release any air bubbles *(drop it like its hot)*.

Let the cookies sit at room temperature until the tops are no longer sticky to the touch, 15 minutes to 1 hour, depending on the humidity *(if you live in Florida, it may take a week. I would just go to the store and buy some)*. Slip another baking sheet under the first batch (a double baking sheet protects the cookies from the heat) *(I just flipped the baking sheet upside down. This prevented the Silpat from having a lifted edge and did the same thing they mentioned above)*.

Bake the first batch until the cookies are shiny and rise 1/8 inch to form a "foot," about 20 minutes. Transfer to a rack to cool completely. Repeat, using a double sheet for each batch. Peel the cookies off the mats and sandwich with a thin layer of filling (see below).

Read more at: <http://www.foodnetwork.com/recipes/food-network-kitchens/french-macarons.html?oc=linkback>

truwhip Cheesecake Filling

Ingredients:

- 10oz. truwhip, thawed
- 4 oz. Cream Cheese (room temperature)
- 1 cup Powdered Sugar
- 1/2 cup chopped, fresh blueberries

Directions:

Combine all ingredients in a large mixing bowl and whip on low speed until sugar is incorporated. Increase to high speed and mix until creamy and combined.

Spoon about 2 tsp. filling into the center of one of the cookies. Top with another cookie and serve



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