

Choco Fever Dream

French Macarons – Beginner Friendly Recipe

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

Ingredients

Shells

- [ ] 100g almond flour
- [ ] 100g powdered sugar
- [ ] 2 large egg whites (room temperature)
- [ ] 50g granulated sugar
- [ ] A pinch of salt
- [ ] Gel food coloring (optional)

Filling

- [ ] 100g unsalted butter, softened
- [ ] 80g powdered sugar
- [ ] 1 tsp vanilla extract
- [ ] 2 tbsp heavy cream

Instructions

1. Sift the almond flour and powdered sugar together twice; set aside.
2. In a clean bowl, whisk the egg whites with a pinch of salt until foamy, then gradually add granulated sugar, continuing until stiff, glossy peaks form.
3. Gently fold the dry almond mixture into the meringue in three additions, being careful not to over-mix; the batter should flow like lava.
4. Transfer the batter to a piping bag fitted with a round tip, pipe 1-inch circles onto parchment-lined trays, tap trays lightly, and let rest 30-45 minutes until a skin forms.
5. Bake in a pre-heated 150°C (300°F) oven for 12-15 minutes, then cool completely before pairing shells and adding the buttercream filling.

Nutrition per serving

120 kcal	2 g	12 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the shells sink, the batter was over-mixed; next time, stop when it flows slowly.
- For a deeper flavor, toast the almond flour lightly before sifting.
- Use a kitchen scale for best accuracy; it makes a huge difference.