Coconut-Cornflakes Cookies

NIBBLEDISH CONTRIBUTOR

Ingredients

1. 3 egg whites
2. 1-1/4 white sugar
3. 1/4 tsp salt
4. 1 tsp pure vanilla extract
5. 2 1/2 cups shredded coconut
6. 1-1/2 cornflakes cereal

Instructions

Preheat oven to 170°C. Beat egg whites untill stiff, stir in sugar, salt and vanilla extract. Blend coconut and cornflakes together and add to egg whites mixture. Drop on ungreased paper. Bake 15-18 minutes.

My father has a diabet. For him I prepare a sugar-free version:
1 egg white + 2tbsp unsweetened applesauce + 1tbsp sweetener + 1 cup flacked coconut + 1 cup cornflakes cereal
The same method of preparation, the same heat for the oven and the same time for baking. Just cool 5 more minutes before eating. The only difference is that this version makes the cookies a little more softly.