



Chocolate Cricket Flour Macaroons

(original source: <http://www.nextmillenniumfarms.com/blog/category/recipes/>)

WARNING: people with shellfish allergies may react to crickets as well.

Ingredients¹:

1 c. (200 g) sugar
¼ c. (62.5 mL) milk
¼ c. (60 g) butter
1 tbsp. (15 mL) cocoa
pinch of salt
1 tsp. (5 mL) vanilla extract
¾ c. (112.5 g) unsweetened coconut flakes
1½ c. (135 g) oats
½ c. (75 g) cricket flour²

Directions:

1. Combine sugar, milk, butter, cocoa, and salt in medium saucepan. Bring to a boil, stirring constantly.
2. Remove from heat and add vanilla, coconut, oats, and cricket flour.
3. Let cool for 2-3 minutes, then drop by spoonfuls onto a cookie sheet covered with parchment or waxed paper.
4. Place in refrigerator to cool and set. Can be frozen, as well.

Makes about 20 macaroons.

¹Metric measures may be a little off.

²Cricket flour can be purchased from <http://www.nextmillenniumfarms.com/>. They also sell gluten-free cricket flour (those crickets have been fed a gluten-free diet).



(I enjoyed these during “Bug Day” at the Canada Agriculture and Food Museum on the Central Experimental Farm in Ottawa, ON. – C. Wight.)