



# Coconut nests

15'

Hands on

20 minutes'

Hands off

30'

Cook Time

12

Portion(s)

1

Difficulty



## Ingredients

- 4 egg whites, of medium eggs
- 1 tablespoon granulated sugar
- 1 pinch salt
- 400 g shredded coconut
- 100 g white chocolate couverture, melted
- [multi-color chocolate dragées](#), to serve
- [dulce de leche](#), to serve

## Διατροφικός πίνακας

Nutrition information per portion

270 Calories (kcal)	23.0 Total Fat (g)	19.0 Saturated Fat (g)	7.9 Total Carbs (g)
14%	33%	95%	3%
7.7 Sugars (g)	4.0 Protein (g)	7.0 Fibre (g)	0.14 Sodium (g)
9%	8%	28%	2%

## Method

- Preheat the oven to 150° C (300° F) set to fan.
- Lightly butter two [6-cup muffin pans](#) and set them aside.
- In a large bowl and with a hand whisk, lightly beat the egg whites with the sugar and the salt.
- Add the shredded coconut in batches. The more coconut you add, the thicker your mixture will become and so, you may have to wear gloves in order to keep mixing with your hands.
- Add 2 tablespoons of the mixture into each cup. Press the center of the mixture with your hands so to create a small indentation.
- Bake them for 25-30 minutes until the nests are golden.
- Remove the muffin pans from the oven and set them onto a [rack](#) to cool for 20 minutes.
- Carefully remove the nests from the muffin cups and fill them with the white chocolate couverture.
- Add the multicolor chocolate dragées at the center of each nest and serve with dulce de leche.