



These Keto Ginger Cookies are deliciously moreish and make great dunkers. Enjoy!

Servings - 16

Prep Time - 15 Mins | Cook Time - 10 Mins | Total Time - 25 Mins

Difficulty - Easy



Cuisine - U.K.

RECIPE

KETO GINGER COOKIES

EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Mixing Bowls](#)

[Baking Tray](#)

[Parchment Paper](#)

[Spatula](#)

[Wire Cooling Rack](#)

[Biscuit Barrel](#)

INGREDIENTS

110 g Unsalted Butter

[110 g Sukrin Gold sweetener](#)

[110 g Sukrin Syrup](#)

[250 g + plus extra for dusting, FHALL Low Carb Gluten-Free White Flour](#)

[3 Tsp Dried Ginger Powder](#)

METHOD

Preheat oven to 350°F/180°C or Fan 160°C/Gas Mark 4.

Line a baking tray with greaseproof paper. You may need 2 trays depending on the size.

Melt the butter, sweetener and syrup gently in a pan over a medium heat. Once melted, remove from the heat and cool slightly.

Add all of the dry ingredients to the pan to make the dough.

Once cool enough to handle, cut the dough into 16 equal pieces and roll each one into a ball and lay it onto the baking tray and pat lightly. Leave at least 1 1/2 inches between each to enable them to spread during cooking.

Put the baking tray into the oven for approx 8 - 10 minutes, or until the biscuits are golden-brown.

Remove from the oven, leave to cool slightly and transfer to a wire rack to cool completely.

STORAGE

Place cookies in a covered jar or tin or wrap in plastic or foil and keep in a cool, dry place for up to 5 days. To freeze, let them sit and cool down fully then wrap them with saran/plastic wrap and place in an airtight bag. You can freeze them for up to 60 days.

NUTRITION FACTS

Per serving : 36 g | Calories 98 | Protein 7.4 g | Fat 7.3 g | Carbs 4.2 g | Fiber 2.8 g
Net Carbs : 1.3 g

LOW CARB - KETO - SUGAR FREE - GLUTEN FREE - VEGETARIAN

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