For Health and Long Life

These Keto Almond Cookies are easy to make and simply delicious. A real must for all you nut lovers.

Servings - 24

Prep Time - 20 Mins | Cook Time - 17 Mins | Total Time - 37 Mins

Difficulty - Easy



Cuisine - American

RECIPE
KETO ALMOND COOKIES

EQUIPMENT

Hand Mixer Electric

Cookie/Ice Cream Scoop

Silicone Muffin Tray - 12 Muffins

Lemon Zester

Coffee Grinder

INGREDIENTS

135 g Softened butter

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45 g Stevia/Erythritol blend sweetener

45 g Allulose Sweetener (powdered)

2 Small eggs at room temperature

1/8 Tsp Kosher Sea Salt (Fine)

1 Tsp Vanilla Essence

1 Tsp grated lemon rind

230 g FHALL Low Carb Gluten-Free White Flour

1 Tsp Baking Powder

1/3 Cup Almonds, blanched and peeled

METHOD

Preheat oven to 375 F/190 C or FAN 170 C/Gas 5

Using an electric hand mixer, beat the butter, add the eggs one at a time blending in between until the mixture is creamy (about 2 minutes). Add the vanilla extract and then the flour, salt, lemon rind and sweetener. Powder the sweetener with a coffee grinder or use a powdered sweetener of your choice. Mix slowly until the ingredients are well incorporated.

Scoop out the cookie batter onto a silicone muffin tray and divide the batter into 24 round pieces.

Place an almond on each ball and bake in the oven for 10 to 12 minutes or until the edges of the biscuits (cookies) are golden brown.

If the bottoms are not browned sufficiently remove from the cooker and put the cooker off. After five minutes replace the cookies and let them sit in the warm oven for another 5 minutes.

SERVING SUGGESTIONS

Serve with tea or with ice cream or fruit dessert.

STORAGE

Store in an airtight container. The cookies should last for 10 days.

NUTRITION FACTS

Per serving : 24 g | Calories 101 | Protein 3.3 g | Fat 6.8 g | Carbs 4.2 g | Fiber 3.2 g
Net Carbs : 1 g

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

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