



## Chocolate Chip Cookies

### Description

### Ingredients

- 3.5 oz Salted Butter (3.5 oz ≈ 1/2 cup)
- 4.5 oz Erythritol (SoNourished) (4.5 oz ≈ 3/4 cup)
- 1 tsp Vanilla Extract
- 1 large Egg (50g / 1.7 oz)
- 6 oz Almond Flour (6 oz ≈ 170g) by weight, equals about 1 1/2 cups, depending on your almond flour
- 1/2 tsp baking powder
- 1/2 tsp xanthan gum
- 1/4 tsp Salt
- 3 oz Sugar Free Chocolate Chips (90g ≈ 3/4 cup)

### Instructions

- Preheat a fan forced oven to 180C (360F).
- Melt the butter in saucepan until melted and hot over medium heat. Place the melted butter and erythritol in a mixing bowl and beat until combined. Add the vanilla and egg, and beat on low for another 15 seconds.
- Add the almond flour, baking powder, xanthan gum and salt. Beat until well combined.
- Press the dough together and remove from the bowl. Knead in the chocolate chips with your hands or a silicone spatula.
- Use a small ice cream scoop to divide and shape the dough into 12 portions and place on a lined baking tray. Bake for 10-12 minutes at 180C (360F). The cookies will look a little undercooked when removing from the oven, but after cooling they will harden.
- **\*\*baking tip\*\*** If cookies have not flattened after 6-7 minutes in the oven, press down with the back of a fork.
- Allow to cool for 15 minutes before serving. Keep in an airtight container for up to 7 days.

## Tips & Notes:

**CAN I SUBSTITUTE ANY INGREDIENTS IN THIS RECIPE?** I have showcased different ingredients to show you how using *alternatives* might **affect** the quality of the cookie.

- **Fine Almond Flour:** It still works, but results in a too flat for my liking.
- **Coconut Flour:** It's pretty bad, so don't try it.
- **Coconut Oil:** It also doesn't work that well. The cookies melt too quickly and stay in more of a ball shape.
- **Without Xanthan Gum:** *Too flat.* If you baked the cookies for a little less time, it could definitely work. I suggest for 8-9 minutes. You can also substitute **Xanthan Gum** with **Gelatin (1 tsp)**.
- **Liquid Stevia:** The cookies came out hard as a rock.

**WHERE CAN I PURCHASE SUGAR-FREE CHOCOLATE CHIPS?** Lily's do a great quality sugar-free chocolate chip, which works great in this recipe. **However**, if you don't have access to those specific choc chips, you can always just use:

- **Chopped up 90% Lindt chocolate**
- **100% bakers chocolate.**

Nutrition Facts Keto Chocolate Chip Cookies Amount Per Serving (1 cookie) **Calories** 180 Calories from Fat 144 **Daily Value\*** **Fat** 16g **25%** **Saturated Fat** 6g **38%** **Cholesterol** 33mg **11%** **Sodium** 117mg **5%** **Potassium** 27mg **1%** **Carbohydrates** 5g **2%** **Fiber** 3g **13%** **Sugar** 1g **1%** **Protein** 4g **8%** **Vitamin A** 229IU **5%** **Calcium** 43mg **4%** **Iron** 1mg **6%** **Net Carbs** 2g\* Percent Daily Values are based on a 2000 calorie keto diet.

### Category

1. High Protein Recipes

### Date

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