

5 Ingredient Keto Chocolate Cookies

Hands-on 10 minutes Overall 25 minutes

Nutritional values (per cookie): Total carbs: 7.9 g, Fiber: 5 g, **Net carbs: 2.9 g**, Protein: 6.8 g,
Fat: 14.4 g, Calories: 195 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 12 cookies)

1 1/4 cups [almond butter](#) or [any nut or seed butter](#) (310 g/ 11 oz)

2 large eggs

2/3 cup unsweetened [cacao powder](#) (58 g/ 2 oz)

1/3 cup [powdered Erythritol](#) (50 g/ 1.8 oz) - I used [Sukrin Icing](#)

1/4 tsp salt

Optional: 10-20 drops [liquid Stevia](#) extract and 1/4 tsp cayenne pepper

Instructions

1. Preheat the oven to 160 °C/ 320 °F (fan assisted). Place the almond butter, eggs, unsweetened cacao powder, ...
2. ... powdered Erythritol, and salt into a food processor. You can also use your hands or a spatula to mix the dough.
3. Process until well combined.
4. Using your hands, create 12 equal cookie dough balls. Place them on a baking sheet lined with parchment paper or a non-stick silicon baking mat. Using a fork, press down to flatten each cookie ball until about 1/2-inch (1 cm) thick.
5. Place in the oven and bake for about 12 minutes or until crisped up. When done, remove from the oven and let them cool down before serving. Store them in an airtight container for up to 5 days or freeze for longer. I made two batches when creating this recipe. The first batch (left side below) was made with one egg and slightly less almond butter. I loved the strong chocolate taste but the cookies were way too fragile and crumbly. For the second batch, I used one more egg. The cookies (right side below) were not as sweet but the texture was better - crispy and slightly chewy.

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