

5 Ingredient Keto Green Cookies

Hands-on 10 minutes Overall 25 minutes

Nutritional values (per cookie): Total carbs: 6.3 g, Fiber: 2.7 g, **Net carbs: 3.6 g,**

Protein: 6.6 g, Fat: 17.3 g, Calories: 193 kcal,

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



Ingredients (makes 10 cookies)

1 1/4 cups [Homemade Sunbutter](#) or any sugar-free [sunbutter](#) (310 g/ 10.9 oz)

1/3 cup [powdered Erythritol](#) or [Swerve](#), or more to taste (50 g/ 1.9 oz) - I used [Sukrin Melis](#)

1 large egg

1 tsp [baking soda](#) (NOT baking powder)

2-3 tsp [cinnamon](#) or [vanilla powder](#) or pumpkin spice mix (you can [make your own](#))

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Instructions

1. Preheat the oven to 160 °C/ 320 °F (fan assisted). Make the Sunbutter by following [this recipe](#). I use [this mixer with a food processor attachment](#) to make any nut, seed or coconut butter in just a few minutes. Add the powdered Erythritol, cinnamon, baking soda, egg ... *How to soften nut or coconut butter: Place it in a double boiler or a glass bowl on top of a small saucepan filled with a cup of water. Bring to a boil over a medium heat and let it melt.*
2. Mix until well combined. Using your hands, create small cookie dough balls (one should be about 1 1/2 oz). Place them on a baking sheet lined with parchment paper or a [non-stick silicon baking mat](#).
3. Using a fork, press down to flatten each cookie ball until about 1/2-inch thick.
4. Place in the oven and bake for about 12 minutes or until lightly browned. Keep an eye on the cookies - seeds burn faster than regular flour cookies.
5. When done, remove from the oven and let them cool down. At first, they will be fragile but will crisp up as they chill. Store in an airtight container for up to a week or freeze for up to 3 months.

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