

Healthy Keto Halloween Cookies

Hands-on 25 minutes Overall 60 minutes

Nutritional values (per cookie): Total carbs: 1.8 g, Fiber: 0.94 g, **Net carbs: 0.82 g**,

Protein: 1.5 g, Fat: 3.2 g, Calories: 41.7 kcal,

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



Ingredients (makes 40 cookies)

Cookies:

- 4 large eggs, free-range or organic
- 2/3 [pumpkin purée](#), BPA-free canned or [homemade](#) (133g / 4.7 oz)
- 1/4 cup [extra virgin coconut oil](#) (55g / 1.9 oz)
- 1 cup [coconut flour](#), organic (120g / 4.2 oz)
- 1 tbsp gingerbread spice mix ([cinnamon](#), nutmeg, ginger, cloves and allspice)
- 1/2 cup [Erythritol](#) (non GMO) or other healthy [low-carb sweetener from this list](#) (80g / 2.8 oz)
- 15-20 drops [liquid Stevia](#) extract (Clear / Vanilla / [Cinnamon](#))
- 40 [whole almonds](#) (48g / 1.7 oz)

Glaze:

- 1/4 tsp matcha (Japanese green tea powder)
- 1 tbsp [Erythritol](#) (non GMO), powdered, or other healthy natural low-carb sweetener from [this list](#) (10g / 0.7 oz)
- 1 tbsp [extra virgin coconut oil](#)

Note: If you don't have matcha, use [cinnamon](#) instead. When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

- Preheat the oven to 175 °C/ 350 °F. Crack the eggs into a bowl. Add Erythritol, stevia and melted coconut oil.
- Stir in the pumpkin purée.
- Add coconut flour with the spice mix and combine well.
- Using a measuring spoon or your hands, form small cookies.
- Place them on a baking sheet lined with parchment paper. Top each cookie with an almond. Place in the oven and bake for 15-20 minutes. *Note: Half way through the baking process, I actually had to decrease the temperature to 150 °C/ 300 °F, as the cookies*

started to brown. Make sure you keep an eye on them.

Coconut and nut flours tend to burn faster.

- When baked, remove from the oven and let the cookies cool down. Then, place in the freezer for about 15 minutes. *Note: Chilling the cookies in the freezer will help the glaze set well.*
- Meanwhile, prepare the glaze. Mix the matcha, powdered Erythritol and melted coconut oil. If you don't have matcha, try cinnamon. *Note: For smooth texture, Erythritol has to be powdered before making the glaze.*
- Remove the cookies from the freezer and drizzle the glaze over them. *Note: Make sure the glaze is chilled before drizzling it over the cookies to ensure it will firm up well.*
- Let the glaze firm up and enjoy! *Note: Coconut oil melts at 24 °C/ 76 °F. Make sure you keep the cookies in a cool room.*

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