

Keto Chocolate & Pecan Cookies

Hands-on 30 minutes Overall 2 hours

Nutritional values (per cookie): Total carbs: 1.8 g, Fiber: 1 g, **Net carbs: 0.9 g**, Protein: 1.2 g,
Fat: 6.2 g, Calories: 66 kcal,

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



Ingredients (makes 60 cookies)

Cookies:

- 4 large eggs
- 3/4 cup virgin [coconut oil](#) (160 g/ 5.8 oz), add 1/4 cup more if the dough is too dry (total 220 g/ 7.7 oz), or add water
- 1/2 cup [Erythritol](#) or other healthy [low-carb sweetener from this list](#) (80 g/ 2.8 oz)
- 15-20 drops [liquid Stevia](#) extract
- 1/2 cup raw [cacao powder](#) (40 g/ 1.5 oz)
- 1 cup fine [coconut flour](#) (120 g/ 4.2 oz)
- 1 tbsp [cinnamon](#)

Topping:

- 1 bar [dark 85% chocolate](#) (100 g/ 3.5 oz)
- 60 halves [pecan nuts](#) (90 g/ 3.2 oz)

Note: For a nut-free alternative, use [toasted unsweetened coconut chips](#) instead of the [pecans](#).

Instructions

- Crack the eggs into a bowl and whisk with melted coconut oil. Add Erythritol and stevia and mix in well. Erythritol doesn't dissolve unless heated. For best results, powder it first. *Note: To boost the flavour, you can use chocolate or cinnamon flavoured stevia or add a tablespoon of natural sugar-free chocolate extract.*
- Add cinnamon and cocoa powder.
- Mix in well using a whisk.
- Add the coconut flour and process well. *Note: Sifting the coconut flour through a strainer will help you avoid hard lumps from getting into the pastry.*
- Place the dough into a plastic foil and in the fridge to harden for at least 1 hour.
- After 1 hour, preheat the oven to 175 °C/ 350 °F. Using the foil or two sheets of parchment paper, roll the dough out until it's about 1/4 inch / 1/2 cm thick.
- Use a cookie cutter to create your shapes. I used a 2 inch / 5 cm cookie cutter.
- Place the cookies on a baking dish lined with parchment paper leaving little gaps between each cookie. Roll the remaining dough and repeat until all the dough is used up.
- Place in the oven and bake for 10-12 minutes. When done, remove from the oven and let them cool down. Make sure that they are completely cool before you add the chocolate topping. *Note: Coconut flour tends to burn faster than regular wheat flour. Keep an eye on the cookies to prevent burning!*
- Melt the chocolate in a [water bath](#). Using a small 1/4 tsp measuring spoon, pour the chocolate on top and press the pecan half in. If you have any chocolate left, just spoon it on top of the pecan halves.
- Transfer to a serving plate when the chocolate is completely solid.

Should I be Using Activated Nuts?

Some people have digestive issues when eating nuts. It's actually not that rare. However, it's not always caused by an allergy and they don't have to stop eating them.

There are "[anti-nutrients](#)" such as [lectins](#), [phytates](#) and [enzyme inhibitors](#) that seem to be the reason for many people having digestive issues when eating raw nuts. While roasting helps to reduce the "anti-nutrients", soaking the nuts first is even more effective.

Soaking and dehydrating (i.e. activating) nuts and seeds not only makes nuts deliciously crispy, but their nutrients are better digested and absorbed by your body.

Pecan nuts need to soak for at least 6-8 hours, cashew nuts 6 hours and hard nuts like hazelnuts or almonds 8-12 hours.

Simply place them in a bowl, cover with water and leave them to soak overnight. Drain and spread on a baking sheet lined with

parchment paper and dehydrate at 55-65 °C/ 150 °F for 12-24 hours, turning them occasionally, until completely dry. When done, store in an airtight container.

If you're looking for more recipes for the upcoming festive season, try my [Healthy Low-carb Marshmallows!](#)

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