

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)

Instructions

1. 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.
2. Add cinnamon and cocoa powder.
3. Mix in well using a whisk.
4. Add the coconut flour and process well. Sifting the coconut flour through a strainer will help you avoid hard lumps from getting into the pastry.
5. Place the dough into a plastic foil and in the fridge to harden for at least 1 hour.
6. After 1 hour, preheat the oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). Using the foil or two sheets of parchment paper, roll the dough out until it's about 1/4 inch/ 1/2 cm thick.
7. Use a cookie cutter to create your shapes. I used a 2 inch / 5 cm

cookie cutter.

8. 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.
9. 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. (Coconut flour tends to burn faster than regular wheat flour. Keep an eye on the cookies to prevent burning!)
10. 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.
11. Transfer to a serving plate when the chocolate is completely solid.

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