

Decorated Low-Carb Gingerbread Cookies

Hands-on 20 minutes Overall 2 hours 45 minutes

Nutritional values (per cookie): Total carbs: 3.1 g, Fiber: 1.1 g, **Net carbs: 1.9 g,**

Protein: 3.6 g, Fat: 5.6 g, Calories: 73 kcal,

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



Ingredients (makes 30 servings)

Gingerbread:

- 2 cups [almond flour](#) (200 g/ 7.1 oz)
- 1/2 cup + 2 tbsp protein powder (60 g/ 2.1 oz)
- 1/2 cup [Sukrin Gold](#) (80 g/ 2.8 oz) - *see below for alternatives*
- 3 tbsp ginger powder
- 2 tbsp [cinnamon](#)
- 1 tsp nutmeg
- 1/2 tsp sea salt
- 3 large eggs
- 1/2 stick butter (57 g/ 2 oz)
- 1 tsp sugar-free [vanilla extract](#) or [vanilla bean powder](#)
- 2 tsp [yacon syrup](#) (10 ml)

Royal Icing:

- 1 large egg white
- 1 1/2 cups [Swerve confectioners](#) or [powdered Erythritol](#) (240 g/ 8.5 oz)
- 1/4 tsp fresh lemon juice

Tips:

[Sukrin Gold](#) can be switched out for a different sweetener, but really does help with that golden colour and rich flavour.

[Yacon syrup](#) (5.6 g net carbs per 2 tsp) can be substituted with blackstrap molasses (8.5 g net carbs per 2 tsp), or omitted, but it really does help with that golden colour and rich flavour.

If you want to make these cookies 100% dairy-free, instead of butter you can use an equivalent amount of sustainably sourced palm shortening.*

kitchen scale.)

- Mix all of the dry ingredients into a large mixing bowl. Melt the butter and add it, along with the eggs and vanilla, to the mixing bowl.
- Beat on low until a soft dough forms. Tip out onto a sheet of cling-wrap and shape into a thick disc. Refrigerate for two hours or overnight.
- Preheat the oven to 170 °C/ 340 °F (fan assisted), or 190 °C/ 375 °F (conventional). Remove dough from fridge and divide into three or four sections.
- Working on one at a time and storing the remainder in the fridge, roll out between two sheets of silicone paper until about 1/2 cm (1/4 inch) thick. Cut cookies out using your choice of designs. Repeat with remaining dough. *Note: If the dough starts to feel a bit soft and difficult to handle, just pop it back in the fridge for five minutes or so.*
- Bake for between 8 and 12 minutes, depending on the size of the cookies. Set on to cooling racks until cool.
- To make the icing, sift the powdered sweetener into a mixing bowl and add the egg white and lemon juice. Mix on low until combined then beat until smooth.
- To test your consistency, do an eight-second test; trace a pattern in the top of the icing with a knife and then count down the seconds until it disappears back into the surface. Eight seconds will give you perfect piping consistency. If you need it thinner, add a very small amount of water at a time. *Tip: To get the frosted look, I used a shallow plate of xylitol crystals and put the fresh piped cookies face down in the crystals.*
- Set aside to harden at room temperature.
- Store in a covered container, for up to a week.

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Instructions

- Prepare all ingredients. (In low-carb baking it's always best to use a

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