

Healthy Keto Almond Biscotti

Hands-on 15 minutes Overall 1 hour 15 minutes

Nutritional values (per serving): Total carbs: 3.2 g, Fiber: 1.7 g, **Net carbs: 1.5 g,**

Protein: 3.6 g, Fat: 9.7 g, Calories: 108 kcal,

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



Ingredients (makes 24 slices)

- 2 cups [almond flour](#) (200 g/ 7.1 oz)
- 1/2 cup [powdered Erythritol](#) or [Swerve](#) (80 g/ 2.8 oz)
- 1 tsp [gluten-free baking powder](#)
- 1 tsp xantham gum (or for paleo use 1 *tblsp* ground [chia seeds](#) or [psyllium husk powder](#))
- 1/2 tsp of nutmeg
- 1 tsp sugar-free [vanilla extract](#)
- 1 cup [whole almonds](#), skin on (143 g/ 5 oz)
- 1/4 cup butter, melted (57 g/ 1 oz) - for paleo: use [ghee](#) or [coconut oil](#)
- 2 large eggs, beaten

Instructions

1. Pre-heat oven to 160 °C/ 320 °F (fan assisted), or 180 °C/ 355 °F (conventional). Mix dry ingredients: almond flour, sweetener, baking powder, xantham gum, spices and almonds together in large bowl. Melt butter and add butter and beaten eggs to mixture. Mix well until a dough forms.
2. Line a baking tray with baking paper. Form the dough into a low, wide log shape. The dough is a bit sticky, so I dusted my hands with coconut flour to do this comfortably. Bake for approx. 45 minutes or until loaf is browned on the outside and firm in the centre. Remove from oven and let cool.
3. Once cold, slice the loaf into slices about 5 mm thick. *Please note: using almond meal instead of wheat flour results in a crumblier consistency and the addition of whole almonds can make this slicing tricky. If your loaf is refusing to slice and is very crumbly, I recommend allowing it to sit out overnight and go slightly stale. This will not affect the finished quality, but will greatly enhance the sliceability of the loaf.*
4. Preheat oven to 120 °C/ 250 °F (fan assisted), or 140 °C/ 285 °F (conventional). Lay the slices very carefully in a flat layer on one or

two lined baking trays. Toast for 15 to 20 minutes each side.

5. Turn oven off, prop oven door open using a wooden spoon and let biscotti cool in oven until crisp. Store in an airtight jar.

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