

Healthy Low-Carb Chocolate Chip Cookies

Hands-on 15 minutes Overall 30 minutes

Nutritional values (per cookie): Total carbs: 3.6 g, Fiber: 1.3 g, **Net carbs: 2.3 g,**

Protein: 3.3 g, Fat: 15.3 g, Calories: 157 kcal,

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



Ingredients (makes 16 cookies)

1 cup [Almond Cashew Butter](#) or [nut butter](#), seed or coconut butter
of choice (250 g/ 8.8 oz)

1/4 cup softened virgin [coconut oil](#) or [ghee](#) (57 g/ 2 oz)

1/4 cup granulated [Erythritol](#) or [Swerve](#) (50 g/ 1.8 oz)

1 large egg

1/3 cup [dark 90% chocolate chips](#), or roughly chopped chocolate
(60 g/ 2.1 oz)

1/2 tsp sea salt flakes or 1/4 tsp fine sea salt

Instructions

1. Preheat oven to 160 °C/ 320 °F (conventional), or 140 °C/ 285 °F (fan assisted). Add the nut butter, melted coconut oil, erythritol and an egg to a mixing bowl, and mix until combined.
2. Stir through the chocolate.
3. Roll into 16 small balls (about 30 g/ 1.1 oz each), and place on a greased baking tray. Use a fork to flatten down slightly, and then sprinkle with the sea salt.
4. Bake for 12 – 15 minutes, keeping an eye on them to ensure they don't burn.
5. Allow to cook completely on the tray — they will be quite soft and delicate while warm, but will harden and crisp up as they cool down.
6. Store in an air tight container for up to a week.

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