

Keto Apple Cinnamon Snickerdoodles

Hands-on 20 minutes Overall 30 minutes

Nutritional values (per serving, cookie): Total carbs: 2.6 g, Fiber: 1.2 g, **Net carbs: 1.4 g**,

Protein: 2.8 g, Fat: 9 g, Calories: 99 kcal,

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



Ingredients (makes 20 cookies)

- 1 1/2 cups [almond flour](#) (150 g/ 5.3 oz)
- 3 tbsp [coconut flour](#) (24 g/ 0.9 oz)
- 1 tbsp [gelatin powder](#) (11 g/ 0.4 oz)
- 1/2 tsp [baking soda](#)
- 1 tsp [cream of tartar](#) or apple cider vinegar
- 1/2 tsp sea salt
- 1 stick unsalted butter (113 g/ 4 oz)
- 1/4 cup granulated [Erythritol](#) or [Swerve](#) (50 g/ 1.8 oz)
- 1 large egg
- 2 tsp sugar-free [vanilla extract](#)
- 1/2 cup + 1 tbsp [homemade Low-Carb Apple Butter](#) (140 g/ 4.9 oz)
- 3 tbsp granulated [Erythritol](#) or [Swerve](#) (30 g/ 1.1 oz)
- 2 tsp [cinnamon](#)

Instructions

1. Prepare the [Low-Carb "Apple" Butter](#). If you don't have any, this will take an extra couple of hours.
2. Preheat oven to 175 °C/ 350 °F (conventional), or 155 °C/ 310 °F (fan assisted). Add the almond and coconut flour, gelatin, baking soda, cream of tartar, salt to a bowl and stir to combine. Set aside. (Note: you can use apple cider vinegar instead of cream of tartar. If you do that, add it in step 3.)
3. In another bowl, use an electric mixer to cream together the butter cut in small pieces and Erythritol (reserve 3 tablespoons of the Erythritol used in this recipe for coating).
4. Add the egg, vanilla, and apple butter and mix well.
5. Add roughly a third of the dry ingredients to the wet and process well. Add another third, and repeat, and then the last third, mixing until combined.
6. Place the mixture in the fridge for 15 minutes or so while you line a

tray and prepare the cinnamon sweetener.

7. To do this, mix the remaining Erythritol and cinnamon together in a small plate. Shape the dough into balls about 2.5 cm/ 1" (28 g/ 1 oz per each ball) and roll in the cinnamon sweetener mixture.
8. Place the balls on a lined baking tray roughly 5 cm/ 2" apart. Do not flatten, they will do so themselves as they bake. Bake 8-10 minutes (they are best slightly under-baked!)
9. Remove from oven and cool on tray a few minutes before moving to a cooling rack to cool completely.
10. Store in an airtight container up to 5 days, or sealed in the fridge up to 2 weeks.
11. To store for longer, freeze for up to 3 months.

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