

Keto Chocolate Chip Mint Cookies

Hands-on 10 minutes Overall 20 minutes

Nutritional values (per cookie): Total carbs: 5.6 g, Fiber: 2.5 g, **Net carbs: 3.2 g**,

Protein: 2.9 g, Fat: 4.8 g, Calories: 65 kcal,

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



Ingredients (makes 16 cookies)

5 large egg whites

1 tbsp sugar-free [vanilla extract](#)

1/2 tsp [peppermint extract](#)

2 cups [powdered Erythritol](#) or [Swerve](#) (320 g/ 11.3 oz) - *please, read my note above about the amount of sweetener used*

1 cup [cacao powder](#) or [Dutch process cocoa powder](#) (85 g/ 3 oz)

1/4 tsp sea salt

115 g [sugar-free dark chocolate chips](#) such as Lily's or [85-90% dark chocolate chips](#) (4 oz) - *you can even [make your own sugar-free chocolate](#).*

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Instructions

1. Preheat oven to 175 °C/ 350 °F (conventional), or 155 °C/ 310 °F (fan assisted) and line a baking sheet with parchment paper.
2. In a medium sized mixing bowl whisk together the egg whites, vanilla, and peppermint extract.
3. Add in the dry ingredients and mix until a very thick batter forms.
4. Add the chocolate chips and combine well.
5. Drop the batter into 16 rounds (about 43 g/ 1.5 oz each) on the parchment lined baking sheet (you may need to use two sheets) and transfer to the oven.
6. Bake the cookies for 10-12 minutes until the tops are glossy and the edges are set.
7. Remove from oven and let cool 30 minutes before transferring to a plate or storage container. Store in an airtight container at room temperature for up to one week.

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