

# Keto Chocolate Dipped Cookies

Hands-on 20 minutes Overall 1 hour 15 minutes

**Nutritional values (per cookie):** Total carbs: 6.4 g, Fiber: 3.1 g, **Net carbs: 3.3 g**, Protein: 6 g,  
Fat: 18.8 g, Calories: 211 kcal,

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



## Ingredients (makes 10 large cookies)

- 1 1/2 cups [almond flour](#) (150 g/ 3.5 oz)
- 1/4 cup [almond butter](#) (63 g/ 2.2 oz)
- 2 tbsp [powdered Erythritol](#) or [Swerve](#) (20 g/ 0.7 oz)
- 1 large egg
- 1 tsp [vanilla powder](#) or 2-3 tsp sugar-free [vanilla extract](#)
- 1 tbsp virgin [coconut oil](#) (14 g/ 0.5 oz)
- 1 tbsp [coconut butter](#) (16 g/ 0.6 oz)
- 1 tsp [gluten-free baking powder](#)
- pinch of salt (*only if none in the [almond butter](#)*)
- 90 g of [90% dark chocolate](#) (3.2 oz) - *or at least [85% dark chocolate](#)*

*Note: You can use [coconut oil](#) instead of [coconut butter](#), which just makes them a little more delicate during cooking but works equally well. Sweetener can be used to taste. Here's a [list of suitable low-carb sweeteners](#).*

## Instructions

1. Combine all the dry ingredients together in a mixing bowl (ground almonds, erythritol, vanilla, baking powder and optional salt).
2. Add the soft coconut oil, coconut butter, almond butter and egg.
3. Mix with hands until combined to form a dough. Place in a sandwich bag and chill in the fridge for 30 minutes.
4. Preheat the oven to 140 °C/ 285 °F, fan assisted. Roll the dough between 2 sheets of baking paper until about 1 cm (1/2 inch) thick. Cut out your cookies using a 6 1/2 cm (2 1/2 inch) diameter cutter and place on a greaseproof lined baking tray. Roll the dough back into a ball and repeat the rolling between 2 sheets of greaseproof and cutting step.
5. Repeat until all the dough is used up. You should get about 10 cookies in total.
6. Bake in the oven for 30 minutes until golden. Remove from the

oven and allow to cool on a wire rack.

7. Meanwhile, place a little boiling water in the bottom of a pan. Add the chocolate to a small glass bowl or jug and place in the boiling water. Simmer on a medium heat until the chocolate has melted. Make sure the water doesn't bubble up the sides and get into the chocolate.
8. Remove the chocolate bowl from the water and half dip the cookies into the chocolate. Place on a wire rack to set. Enjoy! The cookies will keep at room temperature for up to a week, or in the freezer for up to 6 months.

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