

Keto Chocolate Mousse Sandwich Cookies

Hands-on 20 minutes Overall 1 hour



Nutritional values (per sandwich cookie): Total carbs: 5.8 g, Fiber: 2.4 g, **Net carbs: 3.3 g,**

Protein: 4.9 g, Fat: 21.6 g, Calories: 228 kcal,

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

Ingredients (makes 13 sandwich cookies)

Cookies:

250 g [Almond & Cashew Butter](#), [almond butter](#), [sunbutter](#) or [Keto Butter](#) (8.8 oz)

1/4 cup [coconut butter](#) (65 g/ 2.3 oz)

1/4 cup [powdered Erythritol](#) or [Swerve](#) (40 g/ 1.4 oz)

1 large egg

1/4 tsp sea salt (*skip if there is in the nut butter*)

1 tsp [vanilla powder](#) or 2 tsp sugar-free [vanilla extract](#)

Chocolate mascarpone mousse:

1/2 cup mascarpone cheese (120 g/ 4.2 oz)

1/2 cup heavy whipping cream (120 ml/ 4 fl oz)

3 tbsp raw [cacao powder](#) or [Dutch process cocoa powder](#) (16 g/ 0.6 oz)

3/4 tsp [vanilla powder](#) or 1 1/2 tsp sugar-free [vanilla extract](#)

2 tbsp [powdered Erythritol](#) or [Swerve](#) (20 g/ 0.7 oz)

Note: For dairy-free filling, the mascarpone cheese and whipping cream can be substituted with 1 cup of [coconut cream](#). For a nut-free option, use [sunbutter](#) instead of [almond butter](#). Sweetener can be used to taste or partially substituted with [liquid stevia](#).

Instructions

1. Preheat the oven to 140 °C/ 285 °F (fan assisted), 160 °C/ 320 °F (conventional). Mix the nut butter and coconut butter together in a mixing bowl. (Some store-bought products will have a layer of oil on top which you should *not* use in this recipe or it may affect the texture.) Add the Erythritol and salt. Stir. *Note: Apart from store-bought nut butter, you can easily [Almond & Cashew Butter](#), [coconut butter](#) or other options such as [sunbutter](#) at home.*
2. Add the egg and mix well.
3. Form into a ball. If the dough is too runny (too much oil in the nut

butter), add up to 4 tablespoons of ground almonds to thicken. Place in the fridge for 20 minutes to firm up.

4. Roll the dough between 2 sheets of baking paper until about 1/2 cm (1/4 inch) thick. *For a super quick no-rolling way: Simply create 26 balls (about 15 g/ 1/2 oz each) and then flatten using the bottom of a glass jar or your hand. They won't be perfectly symmetrical but still pretty!*
5. Cut out your cookies using a 5 cm (2 inch) diameter cutter and careful place using a spatula onto a greaseproof lined baking tray.
6. Roll the remaining dough back into a ball and repeat the rolling between 2 sheets of greaseproof and cutting step until all the dough is used up. You should get about 26 cookies in total.
7. Bake in the oven for 30-35 minutes until golden. Carefully flip after about 20 minutes for even cooking. Remove from the oven and allow to cool on a wire rack.
8. Meanwhile, add all the mousse ingredients to a mixing bowl and whisk with an electric whisk until smooth and thick. Don't over whisk or the cream may curdle.
9. Spread about 1 tablespoon of the filling onto one half of a cookie and top with another cookie to form a sandwich.
10. Repeat until all the cookies have been filled. Optionally, dust with more cacao powder.
11. Store in fridge for up to 3 days. Dry cookies (no filling) can be stored in the freezer for up to 3 months.

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