

Keto Pistachio, Rose & White Chocolate Madeleines

Hands-on 20 minutes Overall 1 hour

Nutritional values (per serving, 1 madeleine): Total carbs: 4.6 g, Fiber: 3.2 g,

Net carbs: 1.4 g, Protein: 2.7 g, Fat: 8.8 g, Calories: 106 kcal,

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



Ingredients (makes 18 madeleines)

- 2 large eggs
- 1/2 tsp sugar-free [vanilla extract](#)
- 1/2 tsp rose water *or* orange blossom water
- 1/4 tsp sugar-free [almond extract](#)
- pinch of sea salt
- 1/4 cup granulated [Erythritol](#) *or* [Swerve](#) (50 g/ 1.8 oz)
- 1 cup [almond flour](#) (100 g/ 3.5 oz)
- 1 tsp [gluten-free baking powder](#)
- 1/2 stick unsalted butter *or* [ghee](#) (57 g/ 2 oz)
- 1 bar sugar-free white chocolate (100 g/ 3.5 oz)
- 1/4 cup unsalted [pistachio nuts](#), chopped (28 g/ 1 oz)
- 1 tbsp [dried rose petals](#) for topping
- Optional:* 1 tbsp powdered [Swerve](#) *or* [Erythritol](#) for dusting

Instructions

1. Preheat the oven to 160 °C/ 320 °F (fan assisted), or 180 °C/ 355 °F (conventional). Melt the butter and then set aside to cool.
2. Whisk the eggs, vanilla, rose water, almond extract, a pinch of salt and sweetener in your stand mixer for about 10 minutes. When ready, the eggs should be pale, creamy and frothy.
3. Sift in the almond flour and baking powder, and gently fold in using a spatula. Stir the melted butter through gently until combined.
4. Spray the madeleine tray with coconut oil or ghee (no oil needed if you use a silicon madeleine tray). Spoon about a tablespoon of mixture into each shell and then use a spoon to spread it gently. You will be able to make 16 to 18 madeleines.
5. Bake for 10 to 13 minutes, turning half way to ensure even cooking. *(Note: see tip in the recipe post for even browning as these madeleines may be browning more on the sides while remaining pale in the middle).*

6. Flip out of the shell and cool on a rack and let them cool down. It's even better to place the madeleines in the freezer for 15 minutes before adding the topping.
7. Meanwhile, break the sugar-free white chocolate into small pieces. Place in a microwave and melt on low, mixing half way. Alternatively, place in a double boiler to melt. *(Note: See tips in the recipe post for suitable white chocolate options).*
8. Chop the unsalted pistachios into pieces and crumble the rose petals.
9. Dip each one of the madeleines into the melted white chocolate until half coated. Sprinkle the ribbed side of the madeleines with the chopped pistachios and sprinkle with a few rose petals. Place on a lined baking tray to set. Optionally, dust with powdered sweetener such as Erythritol or Swerve.
10. Place in a cool room or in the fridge until the white chocolate is fully set.
11. Store at room temperature loosely covered with a kitchen towel for up to 5 days. For longer storage, you can place them in the fridge for up to 10 days or freeze for up to 3 months.

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