

# Low-Carb Cinnamon Stars

Hands-on 25 minutes Overall 1 hour 40 minutes



**Nutritional values (per cookie):** Total carbs: 1.9 g, Fiber: 1 g, **Net carbs: 0.9 g**, Protein: 2 g,  
Fat: 7 g, Calories: 75 kcal,

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

## Ingredients (makes 26 cookies)

- 2 cups [almond flour](#) (200 g/ 7.1 oz)
- 2 1/2 level tbsp [coconut flour](#) (20 g/ 0.7 oz)
- 1/2 cup brown sugar substitute such as [Sukrin Gold](#) or use [Swerve](#) or [Erythritol](#) (80 g/ 2.8 oz)
- 1/8 tsp sea salt
- 1 tsp [psyllium husk powder](#)
- 1 tsp ground [cinnamon](#), or more to taste
- 1/2 tsp [vanilla powder](#) or sugar-free [vanilla extract](#)
- 3/4 stick butter at room temperature (85 g/ 3 oz)
- 1 medium egg
- 1 tbsp brown sugar substitute such as [Sukrin Gold](#) or use [Swerve](#) or [Erythritol](#), for topping

*Optional:* decorate with [keto-friendly cinnamon glaze](#) from our [Glazed Anise Holiday Cookies](#)

*Note: For a dairy-free alternative you can substitute the butter with palm shortening which is made from palm oil. Beware that the standard practice for harvesting palm trees to produce palm oil destroys tropical forests and habitats of endangered species! Always opt for sustainably sourced palm oil and palm shortening such as [Tropical Traditions](#).*

## Instructions

1. Remove the butter from the fridge and let it sit to bring to room temperature.
2. In a bowl, mix the almond flour, coconut flour, salt, vanilla and psyllium husk.
3. In a separate bowl, mix the brown sugar substitute and softened butter until creamed, either with a beater or by hand with a fork.
4. Beat in the egg, and then incorporate the almond flour mixture until it forms a dough.
5. Wrap the dough in plastic wrap, and refrigerate for an hour. Meanwhile, preheat oven to 160 °C/ 320 °F (conventional), or

140 °C/ 285 °F (fan assisted).

6. Remove the dough from the fridge, and roll out between two sheets of grease proof paper to about 3/4 cm (1/3 inch) thickness.
7. Use a star-shaped cookie cutter to cut out star shapes, and place carefully on a lined baking tray. Repeat until the dough is all used up, re-rolling where necessary. If the dough starts to get too soft and delicate at any stage, place back in the fridge for 10 – 15 minutes.
8. Sprinkle with the extra Sukrin Gold, and bake 12 – 15 minutes or until just starting to brown.
9. Remove from the oven and cool on the tray 10 minutes, before moving to a rack to cool completely. Store in an airtight container at room temperature up to a week.

## More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)