

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](#)

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 1160 °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.

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