

Low-Carb Halloween Monster Fingers

Hands-on 20 minutes Overall 45 minutes

Nutritional values (per finger): Total carbs: 3.4 g, Fiber: 1.3 g, **Net carbs: 2.1 g**,

Protein: 3.1 g, Fat: 10 g, Calories: 110 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 18 fingers)

1 cup + 1 tbsp roasted Almond & Cashew Butter *or* roasted almond butter *or* any nut or seed butter of choice (260 g/ 9.2 oz)

1/2 cup + 2 tbsp powdered Erythritol *or* Swerve (100 g/ 3.5 oz)

1 large egg

1/4 cup Raspberry Chia Jam *or* chia jam of choice (50 g/ 1.8 oz),
plus optionally more for serving

20 blanched almonds (about 30 g/ 1.1 oz)

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Instructions

1. Preheat your oven to 170 °C/ 340 °F. Add the nut butter, erythritol and egg to a bowl and stir well until combined. The mixture should be quite thick.
2. Scoop out a spoonful of mixture (a bit smaller than a ping pong ball) and roll between your palms into a log. Use your pinky finger to make an indent at one end – this will later become the finger nail.
3. Use your fingers to squeeze two indents further down (for the knuckle) and then use a sharp knife to gently make some lines on top – careful not to go too deep otherwise the finger might break here. *Note: If the mixture gets to soft before you have rolled out all of your fingers, pop it in the fridge for 10 minutes or so until it cools back down.*
4. Add to a lined tray and bake for about 15 minutes or until just starting to brown and starting to firm. Keep an eye on them - nuts burn easily.
5. Cool on tray. Once cool, place a small amount of jam into the indentation at the end of each nail.
6. Top each finger tip with an almond.
7. Optionally, serve with more chia jam. These cookies will store at room temperature in a sealed container for five days.
8. The chia jam will need to be refrigerated, so if making ahead, add the chia jam just before serving, otherwise store the cookies in the fridge.