

Low-Carb Heart Thumbprint Cookies

Hands-on 20 minutes Overall 35 minutes

Nutritional values (per cookie): Total carbs: 3.7 g, Fiber: 1.4 g, **Net carbs: 2.3 g,**

Protein: 3.3 g, Fat: 10.5 g, Calories: 116 kcal,

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



Ingredients (makes 15 cookies)

- 1 cup [Almond & Cashew Butter](#) *or* [almond butter](#) (250 g/ 8.8 oz)
- 1/2 cup [Sukrin Gold](#), [Erythritol](#) *or* [Swerve](#) (80 g/ 2.8 oz)
- 1 large egg
- 1/2 cup [Raspberry Chia Jam](#) *or* any [low-carb chia jam](#) (110 g/ 3.9 oz)

Instructions

1. Preheat oven to 160 °C/ 320 °F (conventional), or 140 °C/ 285 °F (fan assisted).
2. Mix the egg, almond butter and sweetener together in a bowl with a fork (ie in a "mashing" motion) until well combined. If the cookie batter seems a bit too soft and tacky at this point, place in the fridge for 20 minutes or so to harden so that it's easier to work with.
3. Roll into small balls.
4. Flatten into discs with your hand (they should roughly be around 4 cm/ 1.6").
5. Place on a lined baking dish and use your index finger to press down twice to create a heart-shaped indentation.
6. Using a small teaspoon, scoop a little of the chia jam into the indentations in each cookie, around 1-2 tsp per cookie.
7. Bake for 12 - 15 mins, then check. They are done when they are slightly browned on the bottom side (lift edge of one up gently to check).
8. Allow to cool completely on the baking tray before transferring them to a container. Note that they will be really soft straight out of the oven so its important to allow them to cool first before handling.
9. The cookies will last for five days in a sealed container at room temperature, or up to two months in the freezer.

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