Low-Carb Mocha Lace Biscuits

Hands-on 10 minutes Overall 30 minutes

Nutritional values (per biscuit): Total carbs: 6 g, Fiber: 4.4 g, **Net carbs: 1.6 g**, Protein: 1.9 g,

Fat: 8.5 g, Calories: 95 kcal,

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

Ingredients (makes 18 biscuits)

- 1/2 cup grass-fed butter *or* virgin coconut oil (114 g/ 4 oz)
- 1/4 cup powdered Swerve *or* low-carb sweetener of choice (40 g/ 1.4 oz)
- 4 tbsp sugar-free maple syrup *or* yacon syrup (80 g/ 2.8 oz)
- 1 tsp sugar-free vanilla extract
- 1 cup almond flour (100 g/ 3.5 oz)
- 1/2 cup raw cacao powder *or* unsweetened cocoa powder, Dutch process (43 g/ 1.5 oz)
- 1/4 unsweetened shredded coconut (19 g/ 0.7 oz)
- 2 tsp instant coffee powder
- 1/4 tsp Himalayan rock salt

Note: You can make your own sugar-free maple syrup.

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Instructions

1. Preheat oven to 190 °C/ 375 °F (conventional oven) or 170 °C/ 340 °F (fan-assisted oven). Place butter, Swerve, low-carb maple syrup and vanilla in a pan on the stove over medium heat and melt together.

2. Meanwhile, place all dry ingredients into a bowl and mix to break up any clumps. Line two large baking trays with ovenproof paper.

3. When melted, pour butter mixture into dry ingredients and mix well. The mixture will seem quite liquid at this point, but don't panic. Keep stirring for about 30 seconds and it firms up.

4. Using a teaspoon, drop small spoonful's onto your baking trays.

5. Leave some space between them as they spread quite a bit. Flatten the balls slightly using wet fingers. Bake for 8-12 minutes. Be careful not to burn them!

6. The biscuits will not crisp up until completely cold so remove from oven and let cool on the trays. Store at room temperature in an airtight container for up to 2 weeks.

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