

Low-Carb Tahini Swirl Cookies

Hands-on 15 minutes Overall 25 minutes

Nutritional values (per cookie): Total carbs: 6.2 g, Fiber: 3.9 g, **Net carbs: 2.2 g**,

Protein: 3.5 g, Fat: 9.2 g, Calories: 111 kcal,

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



Ingredients (makes 16 cookies)

- 1 cup [almond flour](#) or ground [sunflower seeds](#) (100 g/ 3.5 oz)
- 1/4 cup [coconut flour](#) (30 g/ 1.1 oz)
- 1/3 cup [light tahini](#) (85 g/ 3 oz)
- 1/3 cup [black tahini](#) (85 g/ 3 oz)
- 1/3 cup [sugar-free maple syrup](#) such as Lakanto or any of [Choc Zero Syrups](#), halved (80 ml/ 2.7 fl oz)
- 1/4 tsp sea salt, halved
- 1 tsp sugar-free [vanilla extract](#) or 1/2 vanilla pod, halved
- 2 tsp [sesame seeds](#) for sprinkling

Instructions

- Preheat the oven to 180 °C/ 355 °F (conventional), or 160 °C/ 320 °F (fan assisted).
- In a small bowl, mix together the almond meal and coconut flour. Set aside.
- Mix the light tahini, and half of the keto maple syrup, sea salt and vanilla extract in one bowl, and the black tahini with the other half of the maple syrup, sea salt and vanilla in another. Mix the ingredients together in each bowl well to combine.
- Halve the dry mix, and add half to each bowl of tahini. Mix well to combine. Place the bowls in the fridge for half an hour, which will make the doughs easier to work with.
- Use a teaspoon to scoop a spoonful of mixture from each bowl and press together in your hands to combine. To achieve a swirled look, break the cookies in half, and then turn one side around and press back together. Keep doing this until you achieve enough layers within the cookies — you can stop with just a few or keep going for a more marbled effect.
- Once you have the desired look, gently shape the cookie into a ball and flatten slightly, then place on a baking tray lined with parchment paper.

- Sprinkle with the sesame seeds and press them gently into the cookies so that they stay in place.
- Bake for 10 to 12 minutes until they are golden on top, watching carefully so they don't burn.
- Remove from oven and wait 10 minutes for the cookies to cool before transferring them to a baking rack. Store in an airtight container for 8 days.

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