

Nut-Free Keto Gingerbread Cookies

Hands-on 30 minutes Overall 2 hours

Nutritional values (per cookie): Total carbs: 1.4 g, Fiber: 0.8 g, **Net carbs: 0.6 g,**

Protein: 1.1 g, Fat: 2 g, Calories: 28 kcal,

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



Ingredients (makes 40-50 cookies)

- 3/4 cup coconut flour (90 g/ 3.2 oz)
- 1/4 cup powdered Erythritol or Swerve, or other healthy low-carb sweetener from this list (40 g/ 1.4 oz)
- 1/4 cup Sukrin Gold or more Erythritol (40 g/ 1.4 oz)
- 1 tbsp pumpkin pie spice (*you can make your own*)
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- 1 tsp gluten-free baking powder (*you can make your own*)
- pinch salt (I like pink Himalayan)
- 3 large eggs
- 1/3 cup coconut butter, melted (85 g/ 3 oz) - *you can make your own*
- 2-4 tbsp water if the dough is too dry

Note: I don't like low-carb treats too sweet and you may need to add a few drops of stevia or more Erythritol if you prefer a sweeter taste.

Instructions

1. Mix all the dry ingredients: coconut flour, Erythritol, Sukrin Gold, baking powder, pumpkin pie spice, ground ginger and cinnamon.
2. Add the eggs (I made 2 batches, that's why you see more eggs on the picture below), ...
3. ... melted coconut butter and mix using your hands. Add water if the dough is too dry.
4. Cover or wrap the dough with a plastic wrap and place in the fridge for up to an hour.
5. After an hour, preheat the oven to 140 °C/ 280 °F. Remove the dough from the fridge and place it between two parts of parchment paper or plastic wrap and roll out until you create about 1/4 inch (1/2 cm) thick.
6. Use a cookie cutter to create your shapes. I used a 2 inch / 5 cm round cookie cutter, a snowman and a star-shaped cookie cutter.

The dough will be quite crumbly - even more than almond flour dough. Repeat the rolling and cutting out steps until you have no dough left.

7. The best shapes to work with are those that have uniform shapes (like the round cutters). Place the cut-outs on a baking sheet lined with parchment paper or silicon mat and brush with some egg wash made with beaten egg yolk. The egg yolk will add golden colour and shine!
8. Place in the oven and bake for about 25 minutes or until the tops are lightly golden. Remove from the oven and let the cookies chill on a cooling rack.
9. Leave them plain or decorate with dark chocolate or low-carb icing (see my tips in Carolyn's recipe). Store in an airtight container for up to a week or freeze for longer.

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