



# Favorite Keto/Low Carb Chocolate Chip Cookies

There are lots of recipes for Keto chocolate chip cookies . . . crunchy ones, soft ones, and everything in between! We finally found our favorite combo! These cookies hold their shape, are fluffy, and taste great! You can make them low carb/gluten free with coconut palm sugar (10 net carbs for 2 cookies) or Keto with something like Pyure (2 net carbs for 2 cookies).

Our kids prefer the Coconut Palm sugar. Our goal is to keep them as low carb/gluten free/processed sugar free as possible. They are not Keto, so we're happy to give them this option. We can make a batch of each - roll them out in advance on parchment paper, freeze them, then put them in ziploc bags in the freezer. An awesome way to keep healthier desserts on hand!

## Recipe:

Mix together:

½ C Butter, softened

½ C Sweetener

*Then Add:*

1 tsp Vanilla

1 Egg + 1 Egg White

*Then mix in:*

½ tsp Baking Soda

¼ tsp Salt

2.5 C Almond Flour

½ C Chocolate Chips

Bake at 350 for 12-15 min!

## The Keto Dad Tips and Tricks:

- We love to prepare a batch and save the dough in the freezer! Just add another minute or two of cooking time.
- The sweetener amount here is 1:1 with sugar. If you're going to substitute a sweetener with Stevia (like Pyure), make sure you do the conversion!

Makes 32 cookies, serving size is 2 cookies

Low Carb/Gluten Free/Paleo (using Coconut Palm Sugar)

Calories: 202, Fat: 16g, Carbs: 12g, Fiber: 2g, (Net Carbs 10) Protein: 4g

Keto (using Erythritol/Stevia/Monk Fruit)

Calories: 175, Fat: 16g, Carbs: 4g, Fiber: 2g, (Net Carbs 2) Protein: 4g



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