



Keto Butter Cookies

Easy Keto Butter Cookies! They're so simple and the flavor is exactly what you'd expect! Only a couple ingredients (which you probably already have). There are some fun ways to change up the flavor - adding keto jams or nuts! How will you make yours?!

Recipe:

4 T Butter, softened
1/3 C Sweetener
1 Egg White
1/2 tsp Almond Extract
1/4 tsp Salt
1 1/2 C Almond Flour

Mix the butter and sweetener together, then add the egg white and almond (or vanilla) extract. Finally, mix in the salt and Almond Flour!

Refrigerate for easier scooping!

Press flat and bake at 325 for 15 minutes.

Store in the fridge or freezer!

The Keto Dad Tips and Tricks:

- We chose in Allulose Blend for our sweetener: Whole Earth Allulose Blend!
- If you like the almond flavor, stick with the almond extract. Vanilla works well too!
- Want to have some fun? Bake them with sliced almonds sprinkled on top! Or, once they're cooled, add jam before you eat them!
- The dough refrigerates and freezes well - just cook them when you want fresh cookies!

Makes 20 Cookies, serving size is 2 cookies

Calories: 142, Fat: 14g, Carbs: 3g, Fiber: 2g, (Net Carbs 1) Protein: 3g



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