



Chocolate Chip Cookies - With Lupin Flour!

This Lupin Flour Keto Chocolate Chip recipe was a hit in our house. We have our delicious fluffy chocolate chip recipe with almond flour, but we wanted to try one with Lupini flour. After trying this recipe from Aviate a few times, we had to share! It's simple, uses one of our new favorite flours (it's nut free!), and absolutely delicious! The entire family will love the chewy taste and texture.

Recipe:

Mix together:

- 1 C Butter (room temperature)
- 1 Egg (room temperature)
- ¼ C Almond Milk
- 1 T Vanilla Extract

Then add:

- 1 C keto friendly sweetener
- 1 tsp Baking Soda
- ½ tsp Salt
- 2 ¼ C Aviate Lupin Flour

Then mix in: ½ C keto chocolate chips

Preheat oven to 375 degrees. Mix ingredients as noted, slowly adding in flour. Use a cookie scoop to make balls onto a greased cookie sheet. Bake for 12-14 minutes.



The Keto Dad Tips and Tricks:

- Prep the dough ahead of time, use scoop to portion and place in freezer until you're ready to bake.
- The cookies do flatten when baking, so give them some space.
- These are a chewy chocolate chip cookie!

Makes 24 cookies. Serving size: 2 cookies

Calories: 206, Fat: 18g, Carbs: 9g, Fiber: 8g, (Net Carbs 1) Protein: 10g

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