

Gluit-Free Choc Chip Cookies

It's not often I come across a cookie recipe that doesn't make me a little wary. Many are made with lots of nuts, which can cause a disruption to our guts or they just taste a little weird! Well, not these ones! These cookies are ever so tasty! I played around with the Mysweetketo recipe a little to increase the delicious taste and decrease the sugar content! They certainly don't taste as healthy as they look and will fool even the harshest of critics!

Keto, low-carb and vegetarian friendly

Preparation time: 30 minutes: 10 minutes prep time and 20 minutes bake time

Makes 12 cookies

Ingredients

150g softened butter
3 teaspoons of raw honey
½ cup granulated stevia (I like Natvia)
2 teaspoons vanilla extract
1 large egg
1 ¼ cup almond flour
¾ cup coconut flour
½ teaspoon baking soda
¼ teaspoons salt
100g chopped sugar free dark chocolate (I like the Well Naturally brand – sold at Woolworths and Coles)



Image Credit: <https://www.mysweetketo.com/recipe/keto-chocolate-chip-cookies/?fbclid=IwAR012MB3ZvmbqEs19mwvvpvLhfqfN0clBCzIzBNDtKX2KMyQ3YTbTZvRozHg>

Method

1. Preheat the oven to 190°C. Line two baking trays with baking paper.
2. Using an electric mixer, mix softened butter, sweetener, and honey.
3. Add egg and vanilla extract, and combine.
4. Sift the almond flour, coconut flour, salt, and baking soda into the butter mixture.
5. Using a rubber spatula, combine the mixture forming a batter.
6. In the very end, stir in chocolate chips.
7. Form and place 30 balls onto the pre-prepared baking pans lined with parchment paper. Push down flat to form a cookie shape.
8. Bake for 10-12 minutes. Let them cool down a bit before placing them on a cooling rack. They will get firmer when cooled so don't be alarmed that they still feel a little soft!

Be very careful not to eat all of these in one go! I know we did!!!

