AMERICAN · DESSERT · SNACK

Chocolate Chip Cookies with Sugar-Free Chips

30 min · Makes 9 × 2 cookies · 208 kcal a portion · Video 3:31 · KetoFocus

Vegetarian · Gluten-free ingredients

Almond and coconut flour, butter and sugar-free chocolate chips make two cookies with under 3 g net carbs and no added sugar.

Diet notes: Keto (2.7 g net carbs a serve).

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Ingredients 10 · MAKES 9 × 2 COOKIES

- [ ] 1 cup **superfine almond flour**
- [ ] 1/4 cup **coconut flour**
- [ ] 1 tsp **baking powder**
- [ ] 1/2 tsp **baking soda**
- [ ] 1/2 tsp **salt**
- [ ] 1/2 cup **unsalted butter**, softened
- [ ] 1/2 cup **monk fruit sweetener** (granulated blend)
- [ ] 1 **egg**
- [ ] 1 tsp **vanilla extract**
- [ ] 1/4 cup **sugar-free chocolate chips** (ChocZero)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 350°F and line baking trays with baking paper.
2. Whisk the almond flour, coconut flour, baking powder, baking soda and salt in a bowl. 0:37
3. In a large bowl, beat the softened butter and sweetener with an electric mixer for 2–3 minutes until fluffy, then beat in the egg and vanilla. 1:16
4. Mix in the dry ingredients a little at a time, then stir in the chocolate chips. 1:47
5. Scoop 1-inch balls (about 1 tbsp each, around 18) onto the trays about 1 inch apart and flatten with a spatula or spoon. 2:33
6. Bake 8–10 minutes, just until the edges turn golden. Leave on the tray 2–4 minutes to firm up, then cool on a wire rack. 2:44

> **Tip** Pull them out when the edges are golden even if the centres look soft; they firm up as they cool. Keep in an airtight container 3 days or freeze up to 3 months.

The method is a summary in our words — the video shows every step.

One portion (2 cookies) gives you 1 OF 9 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
208 kcal	4.5 g	6 g	3.3 g	19 g	260 mg
870 kJ	9% of a day	2.7 g net · 0.9 g sugars	12% of a day	9 g saturated	11% of a day
		2% of a day		25% of a day	

Energy from net carbs 5% · protein 9% · fat 86% — fits keto: 2.7 g net carbs, 86% of the energy from fat

High in (20%+ of a day) Vitamin E 21%

Source of (10–19%) Magnesium 12% · Vitamin A 10%

Recipe and video: KetoFocus (@KetoFocus) on YouTube — youtube.com/watch?v=0swldtONaFU, published 19 March 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/almond-coconut-flour-chocolate-chip-cookies