AMERICAN · DESSERT · SNACK

Keto Chocolate Chip Cookie Dough Bites (No-Bake)

10 min · plus 1 hour chilling | Makes 12 × 1 bite | 170 kcal a portion | Video 4:45 · Keto Connect

Vegetarian | Gluten-free ingredients

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An egg-free, no-bake cookie dough of cream cheese, butter and almond flour sweetened with erythritol and stevia: about 2 g net carbs a bite, so it won't spike blood sugar.

Diet notes: Keto (2 g net carbs a serve).

Ingredients

8 · MAKES 12 × 1 BITE

- [ ] 1 package (226 g) **cream cheese**, at room temperature
- [ ] 1 stick (8 tbsp) **butter**, at room temperature
- [ ] 50 g **powdered erythritol**
- [ ] 20–30 drops **liquid stevia**
- [ ] 1/4 tsp **vanilla extract**
- [ ] a pinch (1/4 tsp) **pink salt**
- [ ] 50 g **almond flour**
- [ ] 45 g **sugar-free chocolate chips** (Lily's), plus a few for the tops

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

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Beat the room-temperature cream cheese and butter together with a hand mixer until fully combined. 0:30
2. Add the erythritol, stevia drops, vanilla, a pinch of salt and the almond flour, and mix until smooth. 1:10
3. Fold in the sugar-free chocolate chips with a spatula. 2:38
4. Push the dough into the middle of the bowl and refrigerate for 30–60 minutes, until firm enough to scoop. 2:53
5. Scoop into 12 balls with a cookie scoop, press a few chocolate chips on top if you like, and keep them in the fridge. 3:10

> **Tip** Don't bake them: with no eggs or flour they melt. Keeps in the fridge up to 2 weeks or freeze. For a brown-sugar taste, the cook suggests 1/2 tsp maple extract.

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

One portion (1 bite) gives you

1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
170 kcal	2.4 g	3.8 g	1.9 g	17 g	110 mg
710 kJ	5% of a day	2 g net · 0.8 g sugars	7% of a day	9.2 g saturated	5% of a day
		1% of a day		22% of a day	

Energy from net carbs 5% · protein 6% · fat 89% — fits keto: 2 g net carbs, 89% of the energy from fat

Source of (10–19%) Vitamin A 14% · Vitamin E 10%

Recipe and video: Keto Connect (@KetoConnect) on YouTube — youtube.com/watch?v=_7RiBxYMWGA, published 3 April 2018. 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/keto-cookie-dough-bites-no-bake