AMERICAN · DESSERT · SNACK

Keto Gingerbread Cookies with Almond Flour

30 min · plus 30 minutes chilling Makes 10 × 1 cookie 158 kcal a portion

Video 10:29 · Low Carb Love

Vegetarian Gluten-free ingredients

Almond and coconut flour sweetened with allulose, with only a little molasses for flavour: about 4 g net carbs a cookie and most of the energy from fat, so it keeps blood sugar steady.

Diet notes: Keto (3.8 g net carbs a serve).

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Ingredients 13 · MAKES 10 × 1 COOKIE

- [ ] 200 g **almond flour**
- [ ] 95 g **powdered allulose** (or other keto sweetener)
- [ ] 2 tbsp **coconut flour**
- [ ] 1 tbsp **ground ginger**
- [ ] 1 tbsp **ground cinnamon**
- [ ] 1/2 tsp **xanthan gum**
- [ ] 1/2 tsp **pumpkin pie spice**
- [ ] 1 tsp **baking powder**
- [ ] a pinch of **salt**
- [ ] 1 large **egg**, at room temperature
- [ ] 2 tbsp **butter**, melted
- [ ] 1 tsp **vanilla extract**
- [ ] 1/2 tbsp **blackstrap molasses** (the cook uses about 1/4 tsp in the video)

Amounts in metric 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. Put the almond flour, powdered allulose, coconut flour, ginger, cinnamon, xanthan gum, pumpkin pie spice, baking powder and a pinch of salt in a bowl and mix well. 1:25
2. Add the egg, melted butter, vanilla and molasses. Mix, then knead with your hands until the sandy, crumbly mixture comes together. 3:31
3. Roll the dough into a ball, wrap it and chill for 30 minutes. Heat the oven to 150°C. 4:58
4. Roll the dough out between two sheets of baking paper, not too thin, and cut out shapes with cookie cutters. Place on a lined tray. 6:06
5. Bake for 12–15 minutes, checking at 12 minutes. 7:46
6. Let the cookies cool completely, then decorate if you like: the cook whips cream with sweetener and pipes it on a few (optional, see tip). 8:03

> **Tip** The description uses 1/2 tsp ground cloves; the cook swaps in pumpkin pie spice. No molasses? Leave it out. To decorate, the cook pipes whipped cream (240 ml heavy cream, 2 tbsp sweetener) on a few; not counted here.

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

One portion (1 cookie) gives you 1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
158 kcal	5.3 g	7.4 g	3.6 g	13 g	70 mg
660 kJ	11% of a day	3.8 g net · 1.9 g sugars	13% of a day	2.6 g saturated	3% of a day
		3% of a day		17% of a day	

Energy from net carbs 10% · protein 14% · fat 76% — fits keto: 3.8 g net carbs, 76% of the energy from fat

High in (20%+ of a day) Vitamin E 35%

Source of (10–19%) Magnesium 14%

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=meY49leA4LE, published 16 December 2020. 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-gingerbread-cookies-almond-flour