AMERICAN · DESSERT · SNACK

Keto Raspberry Jam Thumbprint Cookies

40 min · plus 1 hour setting Makes 12 × 2 cookies 190 kcal a portion

Video 5:22 · All Day I Dream About Food

Gluten-free ingredients

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Almond-flour shortbread filled with raspberry jam set with gelatin and sweetened with erythritol, not sugar: about 2.5 g net carbs for two cookies, with most of the energy from fat.

Diet notes: Keto (2.4 g net carbs a serve).

Ingredients

12 · MAKES 12 × 2 COOKIES

- [ ] 2 1/4 cups **almond flour**
- [ ] 1/2 tsp **baking powder**
- [ ] 1/4 tsp **salt**
- [ ] 1/2 cup **butter**, very well softened
- [ ] 1/2 cup **granular erythritol** (Swerve)
- [ ] 1 **egg**, at room temperature
- [ ] 1/2 tsp **almond extract** (or vanilla extract)
- [ ] 1 cup **raspberries**, fresh or frozen, for the jam
- [ ] 2 tbsp **water**, for the jam
- [ ] 2 tbsp **powdered erythritol** (Swerve), for the jam
- [ ] 1 1/2 tsp **grass-fed gelatin powder**, for the jam
- [ ] **powdered erythritol**, for dusting (about 1 tbsp)

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. Whisk the almond flour, baking powder and salt in a bowl, breaking up any clumps, and set aside. 0:37
2. Beat the very soft butter with the granular Swerve for 2–3 minutes, until fluffy. 1:02
3. Beat in the egg and almond extract until creamy, then add the almond flour mixture and beat until a soft dough comes together. 1:25
4. Roll into 1 inch balls (about 24) on a lined baking sheet, press each to about ½ inch (1/2 in) thick and make a well in the centre with your thumb or a teaspoon. 2:00
5. Bake at 325°F for 12–15 minutes, until the edges are golden. Cool a few minutes, then gently reshape the wells, and let them cool and firm up. 2:46
6. For the jam, bring the raspberries and water to a boil, then simmer about 5 minutes, mashing the berries. Off the heat, stir in the powdered Swerve, then whisk in the gelatin. 3:11
7. Cool the jam about 20 minutes, until thick but not set. Dust the cookies with powdered sweetener, spoon about 1/2 tsp jam into each well and let set for 1 hour. 4:25

> **Tip** Use regular gelatin, not collagen, or the jam won't set. For dairy-free, the cook suggests softened coconut oil instead of butter. Frozen raspberries work as well as fresh.

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

One portion (2 cookies) gives you

1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
190 kcal	**5** g	**5.4** g	**3** g	**18** g	**70** mg
790 kJ	10% of a day	2.4 g net · 1.4 g sugars	11% of a day	5.7 g saturated	3% of a day
		2% of a day		22% of a day	

Energy from net carbs 5% · protein 10% · fat 85% — fits keto: 2.4 g net carbs, 85% of the energy from fat

High in (20%+ of a day) Vitamin E 34%

Source of (10–19%) Magnesium 13%

Recipe and video: All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=342vjDtTtWE, published 11 November 2021. 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-raspberry-jam-thumbprint-cookies