AMERICAN · DESSERT · SNACK

Keto Snickerdoodles with Almond Flour

25 min · plus 30 minutes chilling Makes 24 × 1 cookie 98 kcal a portion

Video 4:43 · Joe Duff - The Diet Chef

Vegetarian Gluten-free ingredients

Almond and coconut flour sweetened with erythritol instead of sugar: about 1 g net carbs a cookie, with most of the energy from fat, so it won't spike blood sugar.

Diet notes: Keto (1.2 g net carbs a serve).

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Ingredients

9 · MAKES 24 × 1 COOKIE

- [ ] 2 tbsp (½ oz) **coconut flour**
- [ ] heaping 2 cups **blanched almond flour**
- [ ] 1 tsp (3 g) **ground cinnamon**, for the dough
- [ ] 1 tsp (4 g) **baking powder**
- [ ] 1 stick (4 oz) **salted butter**, softened
- [ ] 1/2 cup **granulated erythritol** (Swerve), for the dough
- [ ] 1 large **egg**, at room temperature
- [ ] heaping 1/4 cup **granulated erythritol** (Swerve), for the coating
- [ ] heaping 1/2 tsp (2 g) **ground cinnamon**, for the coating

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 coconut flour, almond flour, 1 tsp cinnamon and baking powder in a medium bowl and set aside. 0:25
2. In a large bowl, beat the softened butter, 1/2 cup Swerve and the egg with a hand mixer until smooth. 1:25
3. Stir the dry ingredients into the butter mixture with a spatula until it comes together into a ball of dough. Chill for about 30 minutes. 2:13
4. Heat the oven to 375°F. Mix the 1/4 cup Swerve and 1/2 tsp cinnamon in a small bowl for the coating. 2:35
5. Scoop tablespoon-sized balls of dough, roll each in the cinnamon coating, set on a lined tray and flatten into rounds with the bottom of a glass. 3:02
6. Sprinkle with a little more coating and bake about 8 minutes. Let them firm up on the tray, then dust with any leftover coating. 3:50

> **Tip** Monk fruit works in place of Swerve, as the cook says. His article and nutrition are for 24 tablespoon-sized cookies (the card says 20). They are soft when hot and firm up as they cool on the tray.

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

One portion (1 cookie) gives you

1 OF 24 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
98 kcal	**2.5** g	**2.7** g	**1.6** g	**9.1** g	**50** mg
410 kJ	5% of a day	1.2 g net · 0.5 g sugars	6% of a day	2.9 g saturated	2% of a day
		1% of a day		12% of a day	

Energy from net carbs 5% · protein 10% · fat 85% — fits keto: 1.2 g net carbs, 85% of the energy from fat

Source of (10–19%) Vitamin E 18%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=aePeMSdwSv4, published 17 July 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-snickerdoodle-cookies