

Keto Chocolate Chip Cookies

Recipe:

INGREDIENTS

- 1 1/2 Cups [Almond Flour](#)
- 1/2 Cup [Salted Butter](#)
- 3/4 Cup [Natvia \(Or Erythritol\)](#)
- 1 tsp [Vanilla Extract](#)
- 1 [Egg](#)
- 1/2 tsp [baking powder](#)
- 1/4 tsp [Salt](#)
- 1/2 tsp [xanthan gum](#) (optional)
- 3/4 Cup [Sugar Free Chocolate Chips](#)

INSTRUCTIONS

1. Preheat your oven to 180C (355 F). Zap the butter for 30 seconds to melt, but it shouldn't be hot.
2. Place the butter into a mixing bowl and beat with the natvia. Add the vanilla and egg, mix on low for another 15 seconds exactly.
3. Add the almond flour, xanthan gum, baking powder and salt. Mix until well combined.
4. Press the dough together and remove from the bowl. Combine the chocolate chips into the dough with your hands.
5. Roll the dough to Make 12 balls and place on a baking tray. Bake for 10 mins.
6. Let them cool, and serve. Keep in an airtight container.

Keto Chocolate chip cookies are a big favorite amongst the

ketogenic community. Low carb cookies are a perfect recipe to make for any occasion, or on a Sunday when you've got plenty of time up your sleeve, even though they take only 20 minutes.

WATCH THE RECIPE VIDEO

I did this Keto Chocolate chip cookies recipe live on Facebook today, and every week I'll be posting up new recipes live on Facebook. If you want to see them made live, I suggest you follow me over on facebook and you'll get notified every time I go live!

Low carb cookies are actually very simple to translate from a normal recipe to a low carb recipe. Just substitute any flour added with either the same amount of almond flour or one quarter as much coconut flour. Substitute the sugar for something like Natvia or Erythritol and you will have a delicious keto converted recipe.

MY LATEST VIDEOS

These keto chocolate chip cookies are honestly drool-worthy. I didn't even wait for them to cool down before I devoured 4 of them all in one go.

Sugar-free cookies are great for keto snacks or keto treats because they contain so much butter. Make sure you use a good quality butter like Kerrygold or anything else grass-fed (and organic if possible). Grass-fed butter contains up to 6 times more CLA which can help your body burn fat properly and cleanly.

Whether you want to call them almond meal cookies, almond flour cookies, low carb chocolate chip cookies or even keto cookies, it's all the same! They are all one of the same family, and much like the ketogenic community love to help each other out!

HOW TO MAKE KETO CHOCOLATE CHIP COOKIES

There are a few tips for making this recipe super perfect. As shown below, make sure you mix all the dry ingredients separately before you add it to the butter mixture. This will help disburse the xanthan gum and baking powder throughout the low carb almond flour



If you don't like melting the butter in the microwave, you can also do it in a saucepan. Once the butter begins to show signs of melting, take it off the heat as the heat of the pot will continue to melt the butter.



You want your cookies to melt in the oven. Your cookie batter should look like the photo below before you proceed. You want to roll them into balls before you put them on the baking sheet. If they don't melt into cookie shapes, it either means that you've added too much flour, or you've not melted the butter as shown above.



I've started to really work for a good photo recently, instead of banging up any old photo straight out of the camera with the contrast boosted. Do you enjoy the look of these keto cookies? Comment below with any questions and I'll answer them as soon as possible.

CAN I USE COCONUT FLOUR TO BAKE KETO CHOCOLATE CHIP COOKIES?

Yes, of course, you can use coconut flour, however, only use 1/4 of the amount compared to the almond flour, otherwise, your cookies will be dry and not very nice. (Only use 1/3 of a cup of coconut flour). Just in case you're allergic to nuts and still, want keto chocolate chip cookies ☐

WHY DOES MYFITNESSPAL OR CRONOMETER SHOW MORE CARBS THAN THIS RECIPE INDICATES?

Some people might be freaking out because of the amount of "carbs" inside this recipe. The net carbs are indeed accurate on this recipe, and I'll show you why those measurements seem inaccurate.

Net carbs are calculated by removing both fibre and sugar alcohols. Fibre and sugar alcohols have no effect on insulin, or blood glucose levels, so you will be totally okay to eat these cookies on the ketogenic diet. The total carbs for this recipe are 19g, the fibre is 2.7g, and the sugar alcohol content is 14g.

This means that 2.3g of net carbs is absolutely correct (if using Lilly's sugar-free chocolate chips).

I hope this clears up some of the confusion for some people.

