

Oreo Cookies Gone Keto – Taste Like the Real Thing

Let's face it, who doesn't love separating these classic sandwich cookies and dunking them in milk. There's a reason classic become classics, and oreos are a prime example. And for real, not much (if at all) is lost in this gluten free and keto version. If anything, you're gaining freshness and flavor and losing all the processed junk.

Plus, think 1g net carbs a pop! And feel free to think of the vanilla cream filling as a mini fat bomb, a keto-ideal situation.

p.s. the base recipe for the cookies is very similar to [our grain free and keto thin mints](#). So you can always whip up a batch and add vanilla cream filling to half (i.e. Oreos) and dip the rest in peppermint chocolate (ie. thin mints). Double win!

The Chocolate

Without fear of stating the obvious, Oreos are one dark chocolate cookie. As in actually black. Such hue (and resulting taste) is the result of partially replacing Dutch-processed cocoa with a [black cocoa](#).

Having said that, you can always just use all regular cocoa. Simply expect a lighter hue.

For the Dutch-processed alkaline cocoa we always recommend [Valrhona](#), known to be one of (if not the) best cocoas in the world.

The Flours

Oreos are traditionally a wheat cookie. To make them gluten free and keto, we found that super fine almond flour did a killer job (solo!). Add a touch of [xanthan gum](#), and we're golden.

Recipe:

The balance of the two flours and the two sweeteners is important for consistency. If you have a nut allergy and use all coconut flour, it's going to be dry. If you hate coconut and want to use all almond flour try adding an extra 1/4 cup. For best results, follow the recipe.

The Cookie

Step One: Preheat Oven to 325 degrees

1 1/4 cups of super fine almond flour

1/4 cup of coconut flour

1 1.4 cups cocoa powder (unsweetened of course) Hershey's or Trader Joe's is fine.

1/2 teaspoon baking powder

1/4 teaspoon of pink Himalayan salt

1 cup (2 sticks) grass fed butter (leave it out for at least an hour first)

1/2 cup swerve or xylitol

1 1/2 cup lakanto golden sweetener

1 teaspoon Rodelle vanilla extract

1 large eggs

1 egg yolk

1/2 teaspoon espresso liquid

Step Two: Mix Ingredients

Mix together the cocoa powder, flour, baking powder, salt in a large bowl, and set aside

Cream the butter, Swerve or Xylitol and Lakanto golden sugar.

Add the egg & yolk. Then add the vanilla and the espresso.

Add the remaining ingredients and mix well.

Split the dough into two parts. Refrigerate for an hour or freeze it for a half hour.

Step Three: Shape Cookies

Roll out the dough in between two sheets of parchment paper.

Shape the cookies into two inch round cookies using round cookie cutters.

You should get 32 cookies or (64 half cookies) out of this recipe.

Scraps may need to be refrigerated again before rolling them out again.

Place in refrigerator on un-greased cookie sheets or parchment paper and chill for 20 minutes.

Bake for only 18-20 minutes. Do not over bake.

The cookies should be perfect.

Cool on a wire rack

Step Four: The Filling

4 oz. cream cheese – softened

2 tablespoons butter

1/2 teaspoons vanilla extract

1/2 cup confectioners swerve

Mix together and chill.

When chilled spread on cookie halves and make Ketoreos