

Almond Flour Cookies – My Version

2 cups blanched almond flour
1/2 cup golden flaxseed meal, ground in coffee grinder
1/2 cup Sukrin Gold
1/4 tsp salt
1/2 tsp baking soda
1/2 cup light olive oil
1 egg
1 Tbls vanilla extract



For Snickerdoodle type cookies: add 1/8 tsp cream of tartar & 2 tsp cinnamon

For chocolate chip cookies: add 1/2 cup sugar-free choc chips
(be sure to add these carbs to recipe carb count)

1. Preheat oven to 350 (325 in our oven). Line a baking sheet with parchment paper.
2. In a large bowl, mix together dries ingredients.
3. In a coffee mug, mix together wet ingredients.
4. Mix the wet into the dry, combine completely. Fold in chocolate chips, if using.
5. Using our smallest cookie scoop, place cookie balls on a parchment-lined sheet. Flatten with fingers.
6. Bake for about 7 minutes, or until the edges are lightly browned. They get dark very quickly, so do keep an eye on them.
7. Remove whole sheet of parchment to a wire rack to cool. If the cookies are moved before they cool 10-15 minutes, they will crumble and fall apart. They firm up as they cool though.

Makes 26 cookies. 1 net carb per cookie.

Based on: <https://ggiswheatfree.wordpress.com/2012/07/17/chocolate-chip-cookies-with-almond-flour-grain-free-and-low-carb/>

Nutrition Facts

Servings 26.0

Amount Per Serving

calories 99

% Daily Value *

Total Fat 5 g 8 %

Saturated Fat 0 g 2 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 7 mg 2 %

Sodium 31 mg 1 %

Potassium 3 mg 0 %

Total Carbohydrate 3 g 1 %

Dietary Fiber 2 g 6 %

Sugars 0 g

Protein 3 g 5 %

Vitamin A 0 %

Vitamin C 0 %

Calcium 2 %

Iron 3 %