ITALIAN · DESSERT · SNACK

Keto Amaretti Cookies (3 Ingredients)

30 min · Makes 12 × 1 cookie · 115 kcal a portion · Video 3:04 · Inn Ping

Vegetarian · Gluten-free ingredients · No dairy listed

Just almond flour, egg whites and a sugar-free powdered sweetener: about 2 g net carbs a cookie, dairy-free and grain-free, with most of the energy from the almonds' fat.

Diet notes: Keto (1.8 g net carbs a serve); Low saturated fat (0.7 g, 5% of the energy); DASH-friendly (10 mg sodium a serve).

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Ingredients 4 · MAKES 12 × 1 COOKIE

- [ ] 2 **egg whites**
- [ ] 70 g **powdered sweetener**
- [ ] 232 g **almond flour**
- [ ] **powdered sweetener**, for dusting the tops (about 1 tbsp)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Beat the egg whites with a hand mixer until foamy. 0:14
2. Add the 70 g powdered sweetener in two batches and keep beating until stiff peaks form. 0:26
3. Sift in the almond flour and fold it in with a spatula until it comes together into a soft dough. 0:48
4. Divide the dough into 12 pieces (about 28 g each), roll into balls with gloved hands, set them on a lined tray and press each down a little. 1:28
5. Sift a little more powdered sweetener over the tops. 2:02
6. Bake in a preheated 170°C oven for 20 minutes, until lightly golden, then cool. 2:22

> **Tip** The cook says you can divide the dough into more, smaller cookies; keep an eye on them in the oven. Use a powdered keto sweetener such as erythritol or monk fruit.

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

One portion (1 cookie) gives you 1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
115 kcal	4.7 g	4.2 g	2.4 g	9.7 g	10 mg
480 kJ	9% of a day	1.8 g net · 0.9 g sugars	9% of a day	0.7 g saturated	0% of a day
		2% of a day		12% of a day	

Energy from net carbs 6% · protein 17% · fat 77% — fits keto: 1.8 g net carbs, 77% of the energy from fat

High in (20%+ of a day) Vitamin E 33%

Source of (10–19%) Magnesium 13%

Recipe and video: Inn Ping (@innping1606) on YouTube — youtube.com/watch?v=GeDBKGRWp9k, published 6 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-amaretti-3-ingredient-almond-cookies