AMERICAN · DESSERT · SNACK

Keto Cowboy Cookies with Pecans, Coconut and Chocolate

35 min · plus 30 minutes cooling · Makes 12 × 1 large cookie · 184 kcal a portion

Video 5:04 · All Day I Dream About Food

Gluten-free ingredients

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Almond flour, pecans and coconut replace the oats and flour, and an erythritol brown sugar replacement and sugar-free chips replace the sugar: about 3 g net carbs a big cookie.

Diet notes: Keto (2.7 g net carbs a serve); Vegetarian with a swap for the grass-fed gelatin.

Ingredients

12 · MAKES 12 × 1 LARGE COOKIE

- [ ] 6 tbsp **butter**, well softened
- [ ] 10 tbsp (1/2 cup + 2 tbsp) **erythritol brown sugar replacement**
- [ ] 1 **egg**, at room temperature
- [ ] 3/4 tsp **vanilla extract**
- [ ] 1 cup **almond flour**
- [ ] 1 tbsp **grass-fed gelatin** (optional, for chew)
- [ ] 3/4 tsp **baking powder**
- [ ] 1/2 tsp **baking soda**
- [ ] about 1/4 tsp **salt**
- [ ] 1/2 cup **unsweetened flaked coconut**
- [ ] 1/2 cup chopped **pecans**
- [ ] 1/2 cup **sugar-free chocolate chips** (a few kept for the tops)

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

Allergens found in the listed ingredients: Egg, Milk, Tree nuts, Sulphites. 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 well-softened butter with the brown sugar replacement until fluffy, about 2 minutes. 0:45
2. Beat in the room-temperature egg and vanilla, scraping the bowl so all the butter is mixed in. 1:19
3. Add the almond flour, gelatin, baking powder, baking soda and salt and mix into a dough. 1:44
4. Stir in the flaked coconut, chopped pecans and most of the chocolate chips. 2:14
5. Divide the dough into 12 and roll into big balls. Space them well apart on a large lined baking sheet, press each to about ¾ inch (3/4 in) thick and press the remaining chips on top. 2:54
6. Bake at 325°F for 15–20 minutes, until the edges are golden brown. Cool for about 30 minutes before eating. 3:37

> **Tip** Use an erythritol-only brown sweetener: the cook says allulose or xylitol stop them crisping. The gelatin adds chew but can be left out. A full batch makes 24.

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

One portion (1 large cookie) gives you

1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
184 kcal	4.1 g	6.9 g	4.3 g	18 g	140 mg
770 kJ	8% of a day	2.7 g net · 0.9 g sugars	15% of a day	7.4 g saturated	6% of a day
		3% of a day		22% of a day	

Energy from net carbs 6% · protein 9% · fat 85% — fits keto: 2.7 g net carbs, 85% of the energy from fat

Source of (10–19%) Vitamin E 16%

Recipe and video: All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=5NILBaUBY_g, published 13 September 2023. 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-cowboy-cookies-pecans-coconut