AMERICAN · DESSERT · SNACK

Keto Double Chocolate Chip Cookies

20 min · Makes 11 × 1 cookie · 90 kcal a portion · Video 4:13 · Joe Duff - The Diet Chef

Vegetarian · Gluten-free ingredients

Almond flour, cocoa and stevia-sweetened chocolate chips with erythritol instead of sugar: about 2 g net carbs a cookie, and most of its energy comes from fat.

Diet notes: Keto (2.1 g net carbs a serve).

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Ingredients 11 · MAKES 11 × 1 COOKIE

- [ ] 2 1/2 tbsp (35 g) **unsalted butter**
- [ ] 1 1/2 tbsp (25 g) **sugar-free chocolate chips** (Lily's), melted into the dough
- [ ] 1 large **egg**, beaten
- [ ] 1 tsp **vanilla extract**
- [ ] 74 g **blanched almond flour**
- [ ] heaping 60 g **confectioners erythritol** (Swerve)
- [ ] 3 1/2 tbsp (18 g) **dark unsweetened cocoa powder**
- [ ] 1/2 tsp **baking powder**
- [ ] a pinch of **salt**
- [ ] 3/4 tbsp (14 g) **sugar-free chocolate chips**, stirred into the dough
- [ ] 2–3 **sugar-free chocolate chips** per cookie for the tops (about 11 g)

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

Allergens found in the listed ingredients: Egg, Milk, 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. Heat the oven to 160°C. Microwave the butter and 25 g sugar-free chocolate chips in a bowl for 15–30 seconds, then stir into a smooth chocolate sauce. 0:31
2. Whisk the egg with a fork, add it to the chocolate sauce with the vanilla, and mix until combined. 1:29
3. Add the almond flour, confectioners Swerve, cocoa powder, baking powder, a pinch of salt and 14 g chocolate chips. Mix with a spatula until a thick, fudgy ball of dough forms. 1:56
4. Scoop tablespoon-sized balls onto a lined baking tray (about 11), flatten each with a spoon and press 2–3 chocolate chips on top. 3:20
5. Bake 8–10 minutes. They come out very soft, so let them cool and firm up on the tray. 3:43

> **Tip** Don't overbake: they set as they cool. Any keto-friendly chocolate chips work; a bigger scoop makes fewer, larger cookies.

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

One portion (1 cookie) gives you 1 OF 11 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
90 kcal 380 kJ	2.7 g 5% of a day	5.1 g 2.1 g net · 0.4 g sugars 2% of a day

FIBRE	FAT	SODIUM
3 g 11% of a day	7.9 g 3 g saturated 10% of a day	40 mg 2% of a day

Energy from net carbs 9% · protein 12% · fat 79% — fits keto: 2.1 g net carbs, 79% of the energy from fat

Source of (10–19%) Vitamin E 12%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=nGlnvWWb294, published 7 July 2019. 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-double-chocolate-chip-cookies