AMERICAN · DESSERT · SNACK

Keto Lemon Cookies with Lemon Glaze

35 min · plus 20 minutes cooling | Makes 12 × 1 cookie | 108 kcal a portion | Video 5:22 · Keto Connect

Vegetarian | Gluten-free ingredients

Almond and coconut flour with fresh lemon, sweetened with erythritol and stevia instead of sugar: about 2.5 g net carbs and 2.5 g fibre a cookie, with most of the energy from fat.

Diet notes: Keto (2.4 g net carbs a serve).

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Ingredients 12 · MAKES 12 × 1 COOKIE

- [ ] 4 tbsp **butter**, softened
- [ ] 1/4 cup **erythritol**
- [ ] 1 large **egg**
- [ ] 1–2 tsp **lemon zest** (about 1 lemon)
- [ ] 4 tsp **lemon juice** (a little over 1 tbsp)
- [ ] 8–10 drops **liquid stevia**
- [ ] 1 cup **almond flour**
- [ ] 1/2 cup **coconut flour** (1/3 cup in the written recipe)
- [ ] 1 tsp **baking powder** (from the written recipe)
- [ ] a pinch of **salt**
- [ ] 1/2 cup **powdered erythritol**, for the glaze
- [ ] 1–2 tbsp **lemon juice**, for the glaze (added a little at a time)

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. 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. Stir the room-temperature butter with 1/4 cup erythritol into a smooth, frosting-like base. 0:18
2. Add the egg, lemon zest, lemon juice and 8–10 drops of stevia and stir together; it may look curdled at first. 0:46
3. Add the almond flour, coconut flour, baking powder and a pinch of salt and mix until the dough is sandy and clumps together. 1:42
4. Heat the oven to 350°F. Scoop and roll the dough into balls on a lined baking sheet; chill the dough for 10 minutes first if it is too soft to roll. 2:22
5. Bake 10–14 minutes, until just golden on top but still soft. Let them cool completely, 15–30 minutes. 2:55
6. For the glaze, put the powdered erythritol in a bowl and add lemon juice a teaspoon at a time until thick and glossy. 3:30
7. Dip the tops of the cooled cookies in the glaze (or pipe it on). Store them in the fridge. 4:04

> **Tip** Use powdered erythritol for the glaze, or it turns grainy. The cook's scoop made 12 larger cookies (they took 16 minutes); the written recipe makes 20 small ones.

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
108 kcal	3.3 g	5 g	2.6 g	9 g	60 mg
450 kJ	7% of a day	2.4 g net · 0.8 g sugars	9% of a day	3.4 g saturated	3% of a day
		2% of a day		12% of a day	

Energy from net carbs 9% · protein 13% · fat 78% — fits keto: 2.4 g net carbs, 78% of the energy from fat

Source of (10–19%) Vitamin E 15%

Recipe and video: Keto Connect (@KetoConnect) on YouTube — youtube.com/watch?v=HjUV_N8Sbo0, published 13 August 2020. 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-lemon-cookies-lemon-glaze