AMERICAN · DESSERT · SNACK

# Keto Magic Cookies with Coconut and Nuts (Flourless)

20 min · plus 30–45 minutes chilling · Makes 12 × 1 cookie · 199 kcal a portion

Video 3:44 · Joe Duff - The Diet Chef

Vegetarian · Gluten-free ingredients

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No flour at all: coconut, pecans, walnuts and egg yolks bound with sugar-free chocolate chips and erythritol, for about 3 g net carbs and 5 g fibre a cookie.

**Diet notes:** Keto (3 g net carbs a serve).

## Ingredients 8 · MAKES 12 × 1 COOKIE

- [ ] 4 large **egg yolks**
- [ ] 1 tbsp (½ oz) **softened butter**
- [ ] 3 1/2 tbsp (1¾ oz) **melted coconut oil**
- [ ] 1/3 cup **confectioners erythritol** (Swerve)
- [ ] 1 cup **unsweetened coconut flakes**
- [ ] heaping 1/3 cup **crushed pecans**
- [ ] heaping 1/3 cup **crushed walnuts**
- [ ] 2/3 cup **sugar-free chocolate chips** (Lily's semi-sweet and salted caramel)

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. Heat the oven to 350°F. Put the egg yolks in a medium bowl, add the softened butter and melted coconut oil, and whisk together. 0:38
2. Whisk in the confectioners Swerve. 1:16
3. Add the coconut flakes, crushed pecans, crushed walnuts and sugar-free chocolate chips, and stir with a spatula until well combined. 1:42
4. Refrigerate the dough for 30–45 minutes so it sets. 2:38
5. Scoop tablespoon-sized balls (about 12) onto a tray lined with baking paper and bake 8–10 minutes, until golden brown. 2:47
6. Let the cookies cool on the tray; they set as they cool and can then be moved to a plate. 3:09

> **Tip** Save the egg whites for another bake. Any keto-friendly chocolate chips work; the cook mixes semi-sweet and salted caramel 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 |
|---|---|---|---|---|---|
| 199 kcal | 3 g | 8 g | 4.9 g | 19 g | 10 mg |
| 830 kJ | 6% of a day | 3 g net · 0.9 g sugars | 18% of a day | 11 g saturated | 0% of a day |
| | | 3% of a day | | 25% of a day | |

**Energy from** net carbs 6% · protein 6% · fat 88% — fits keto: 3 g net carbs, 88% of the energy from fat

**High in** (20%+ of a day) Omega-3 24%

**Recipe and video:** Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=HZGWD8FiUC4, published 30 November 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-magic-cookies-coconut-nuts