GLOBAL · DESSERT · SNACK

Keto Almond and Seed Florentines (Flourless)

35 min · Makes 18 × 1 florentine · 66 kcal a portion · Video 4:32 · lowcarbrecipeideas

Vegetarian · Gluten-free ingredients · No dairy listed

Nuts and seeds held together with egg white and sweetened with monk fruit, with no flour or sugar: about 1 g net carbs each, and the fats come mostly from almonds and seeds.

Diet notes: Keto (1 g net carbs a serve); DASH-friendly if you leave out the melted unsweetened dark chocolate.

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Ingredients 9 · MAKES 18 × 1 FLORENTINE

- [ ] 1 large **egg white** (1¼ oz)
- [ ] 1/2 cup **powdered monk fruit sweetener** (Lakanto)
- [ ] 1/2 tsp **salt**
- [ ] 3½ oz **flaked almonds**
- [ ] 1 oz **pumpkin seeds**
- [ ] 1 oz **sunflower seeds**
- [ ] ¾ oz **black sesame seeds**
- [ ] **sugar-free maple syrup**, for brushing (optional, about 2 tsp)
- [ ] **melted unsweetened dark chocolate**, for drizzling (optional, about ¾ oz)

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

Allergens found in the listed ingredients: Egg, Tree nuts, Sesame. 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 300°F. Whisk the egg white in a bowl until frothy. 0:34
2. Add the powdered monk fruit sweetener and salt and whisk until well combined. 0:56
3. Add the flaked almonds, pumpkin seeds, sunflower seeds and black sesame seeds, and mix until every piece is coated in the egg white mixture. 1:24
4. Line a baking tray with baking paper. Spoon the mixture into a 2½ inches (2 1/2 in) ring mould on the tray and press it flat; the thinner, the crispier. Or just scoop and flatten with a spoon. 1:50
5. Bake 15–20 minutes, until golden brown. 2:10
6. Cool on the tray for about 15 minutes to set, then move to a wire rack to cool completely; they crisp up as they cool. 2:24
7. If you like, brush with a little sugar-free maple syrup for shine, or drizzle with melted unsweetened dark chocolate. 3:04

> **Tip** Swap in any nuts or seeds you like, as the cook suggests. Store airtight for 1–2 weeks; they are crispiest straight from the fridge or freezer.

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

One portion (1 florentine) gives you 1 OF 18 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
66 kcal	2.6 g	2.3 g	1.3 g	5.6 g	70 mg
280 kJ	5% of a day	1 g net · 0.3 g sugars	4% of a day	0.9 g saturated	3% of a day
		1% of a day		7% of a day	

Energy from net carbs 6% · protein 16% · fat 78% — fits keto: 1 g net carbs, 78% of the energy from fat

Source of (10–19%) Vitamin E 14%

Recipe and video: lowcarbrecipeideas (@lowcarbrecipeideas) on YouTube — youtube.com/watch?v=ZL8d0mdCm-w, published 11 January 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-nut-and-seed-florentines