AMERICAN · DESSERT · SNACK

Keto Oatmeal Chocolate Chip Cookies with Hemp Hearts

25 min · Makes 24 × 1 cookie · 121 kcal a portion · Video 6:54 · Samantha Briden

Vegetarian · Gluten-free ingredients

Hemp hearts and flax stand in for oats, with almond flour and monk fruit instead of flour and sugar: about 2 g net carbs and 2.5 g fibre a cookie, and rich in plant omega-3 from the hemp, flax and walnuts.

Diet notes: Keto (1.7 g net carbs a serve).

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Ingredients 17 · MAKES 24 × 1 COOKIE

- ☐ 112 g **almond flour**
- ☐ 30 g **coconut flour**
- ☐ 9 tbsp (90 g) **hemp seeds** (hemp hearts)
- ☐ 26 g **flax meal**
- ☐ 1 tsp **baking soda**
- ☐ 1/2 tsp **xanthan gum**
- ☐ 1/4 tsp **psyllium husk powder**
- ☐ 1/4 tsp **salt**
- ☐ 1 tsp **ground cinnamon**
- ☐ 125 g **salted butter**, softened
- ☐ 60 g **Sukrin Gold brown sweetener** (or regular)
- ☐ 75 g **powdered monk fruit sweetener**
- ☐ 2 **eggs**, at room temperature
- ☐ 1 tsp **vanilla extract**
- ☐ 30 g chopped **walnuts**
- ☐ 60 g **stevia-sweetened chocolate chips**
- ☐ a little **butter**, for greasing the trays

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. Whisk the almond flour, coconut flour, hemp seeds, flax meal, baking soda, xanthan gum, psyllium powder, salt and cinnamon in a bowl and set aside. 1:01
2. In a larger bowl, beat the softened butter with the brown sweetener and powdered monk fruit with a hand mixer, slowly at first, until fluffy. 1:56
3. Beat in the eggs and vanilla until smooth. 2:53
4. Add the dry ingredients and mix well into a thick dough. 3:22
5. Mix in the chopped walnuts and chocolate chips. 3:45
6. Grease two baking trays with butter and scoop heaping tablespoons of dough a few inches apart; flatten them a little. 4:13
7. Bake at 180°C for 10–12 minutes, until the edges are lightly browned. Let them cool well before lifting them off the trays. 4:39

> **Tip** Swap the walnuts for pecans or slivered almonds, or leave them out. Bake a little longer for a crunchier cookie. Keeps a week airtight, or freeze.

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

One portion (1 cookie) gives you 1 OF 24 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
121 kcal	3.6 g	4.2 g
510 kJ	7% of a day	1.7 g net · 0.5 g sugars
		2% of a day

FIBRE	FAT	SODIUM
2.6 g	11 g	120 mg
9% of a day	3.9 g saturated	5% of a day
	14% of a day	

Energy from net carbs 6% · protein 12% · fat 82% — fits keto: 1.7 g net carbs, 82% of the energy from fat

High in (20%+ of a day) Omega-3 44%

Source of (10–19%) Magnesium 12%

Recipe and video: Samantha Briden (@samanthabriden6310) on YouTube — youtube.com/watch?v=Qj1nqsxhVq4, published 25 March 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-oatmeal-chocolate-chip-cookies-hemp