MEXICAN · DESSERT · SNACK

Snowball Cookies (Sugar-Free Mexican Wedding Cookies)

40 min · plus about 45 minutes chilling · Makes 10 × 2 cookies · 256 kcal a portion

Video 4:37 · Joe Duff - The Diet Chef

Vegetarian · Gluten-free ingredients

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Ground walnuts and almond flour sweetened with erythritol: about 2.6 g net carbs for two cookies, rich in plant omega-3 (ALA) from the walnuts and with about 30% of a day's vitamin E.

Diet notes: Keto (2.6 g net carbs a serve).

Ingredients 8 · MAKES 10 × 2 COOKIES

- [ ] 120 g **walnuts** (or pecans)
- [ ] 1 stick (112 g) **salted butter**, softened
- [ ] 75 g **confectioners Swerve** (erythritol), for the dough
- [ ] 160 g **blanched almond flour**
- [ ] 1 tbsp (7 g) **coconut flour**
- [ ] 1 heaped tsp (5 g) **vanilla extract**
- [ ] a pinch of **salt**
- [ ] 50 g **confectioners Swerve**, for rolling

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

Allergens found in the listed ingredients: 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. Pulse the walnuts in a food processor until finely ground, stopping before they turn to paste. 0:52
2. Beat the softened butter with 75 g confectioners Swerve until creamy. Add the ground walnuts, almond flour, coconut flour, vanilla and salt and mix with a spatula until it forms a thick ball of dough. 1:20
3. Chill the dough 20–30 minutes, then roll into about 20 balls the size of half a golf ball. Set 10 on a parchment-lined tray and chill 10–15 minutes while you shape the rest. 2:40
4. Bake one tray at a time for 10–12 minutes, just until the tops turn golden. Leave on the tray until set; they are very soft when hot. 3:20
5. While still a little warm, roll each cookie in the remaining confectioners Swerve until coated all over. 3:42

> **Tip** Chill the dough and the shaped balls as the cook does, so they hold their shape. The cook says sunflower seed or walnut flour can replace the almond flour. Keep in a sealed container for up to a week.

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

One portion (2 cookies) gives you 1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
256 kcal 1,070 kJ	5.5 g 11% of a day	5.6 g 2.6 g net · 1.1 g sugars 2% of a day	3 g 11% of a day	25 g 7.2 g saturated 32% of a day	90 mg 4% of a day

Energy from net carbs 4% · protein 9% · fat 87% — fits keto: 2.6 g net carbs, 87% of the energy from fat

High in (20%+ of a day) Omega-3 70% · Vitamin E 30%

Source of (10–19%) Magnesium 15%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=qGuKNwU4dkM, published 8 December 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-snowball-cookies-walnut