BRITISH · DESSERT · SNACK

# Sugar-Free Keto Shortbread Cookies

25 min · Makes 18 × 1 cookie · 114 kcal a portion · Video 3:29 · Joe Duff - The Diet Chef

Vegetarian · Gluten-free ingredients

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Made with almond flour, butter and erythritol instead of wheat flour and sugar: under 2 g net carbs a cookie and most of the energy from fat.

**Diet notes:** Keto (1.1 g net carbs a serve).

## Ingredients 8 · MAKES 18 × 1 COOKIE

- [ ] 1 large **egg**
- [ ] 112 g **butter**, melted
- [ ] 1 tsp **vanilla extract**
- [ ] 200 g **superfine almond flour**
- [ ] 75 g **confectioners erythritol** (Swerve)
- [ ] 1/2 tsp **baking soda**
- [ ] 2 1/2 tbsp (30 g) **confectioners erythritol**, for the icing (optional)
- [ ] 1 tbsp (12 g) **unsweetened vanilla almond milk**, for the icing (optional)

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. Heat the oven to 150°C. In a large bowl, whisk the egg, melted butter and vanilla until the yolk is fully mixed in. 0:37
2. Add the almond flour, confectioners erythritol and baking soda, and work everything together with a spatula until a thick, sticky dough forms. 1:01
3. Scoop 15–18 equal balls of dough onto a baking tray lined with baking paper and flatten the tops with the back of a spoon. 1:53
4. Bake 12–15 minutes, until they just start to turn golden on top. 2:11
5. For the optional icing, stir the 2 1/2 tbsp confectioners erythritol with 1 tbsp almond milk in a small dish until it turns into a thick icing. 2:21
6. Let the cookies cool completely on the tray, then spread icing on top and leave it to set. 2:43

> **Tip** The icing is optional, as the cook says; the cookies are just as good plain. Superfine blanched almond flour gives the smoothest texture.

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

## One portion (1 cookie) gives you 1 OF 18 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 114 kcal | 2.8 g | 2.5 g | 1.4 g | 11 g | 40 mg |
| 480 kJ | 6% of a day | 1.1 g net · 0.6 g sugars | 5% of a day | 3.7 g saturated | 2% of a day |
| | | 1% of a day | | 14% of a day | |

**Energy from** net carbs 4% · protein 10% · fat 86% — fits keto: 1.1 g net carbs, 86% of the energy from fat

**High in** (20%+ of a day) Vitamin E 20%

**Recipe and video:** Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=Yq-ffdqEkOc, published 9 January 2019. 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/sugar-free-keto-shortbread-cookies