

Almond Flour Coconut Cookies



Makes 1 dozen cookies

Ingredients:

1- $\frac{1}{4}$ cups almond meal

$\frac{1}{2}$ cup shredded unsweetened coconut

$\frac{1}{2}$ teaspoon baking powder

$\frac{1}{4}$ teaspoon salt

$\frac{1}{3}$ cup low-carb sweetener of choice

1 egg

3 tablespoons coconut oil or butter, melted

$\frac{1}{2}$ teaspoon vanilla extract

Instructions:

1. In a large mixing bowl, stir together almond meal, coconut, baking powder, salt and sweetener.
2. In a separate bowl, beat egg until uniform in color and doubled in volume.
3. Whisk in the coconut oil and vanilla, then add to dry ingredients and mix until just combined.
4. Chill in the fridge for at least 30 minutes or even overnight.
5. Pre-heat oven to 375°F.
6. Shape dough into 1-inch balls, place on baking sheet with 1-¹/₂ inch space in between each. Press down slightly to flatten a bit.
7. Bake until edges begin to brown, 7-10 minutes.
8. Remove from oven and let cool before serving.

Nutrition per cookie: Calories 129; Total Fat 11.8 g; Saturated Fat 5.3 g; Monounsaturated Fat 4.2 g; Polyunsaturated Fat 1.6 g; Total Carbohydrates 3.8 g; Dietary Fiber 1.8 g; Sugar Alcohols 0.0 g; Sugars 1.4 g; Protein 3.2 g; Sodium 77 mg