



# Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

## Almond Maple Cookies

*1.5g NET Carbs (Low Carb Keto)*

Absolutely delicious! Low Carb Keto Almond Cookies as a great texture and taste. Use any flavored Extract to change its flavor to the one you love the most. Watch the YouTube video for visual instructions and to see the finished product. Enjoy!



**1.5g Carbs**

### NUTRITION

Recipe yields approx. 25 cookies.

Per cookie: 89 calories / 8.15g fat / 1.539g carbs / 2.54g protein

### INGREDIENTS

- 3 cups almond flour
- 1/2 tsp salt
- 1/3 cup monkfruit (keep a little for sprinkling over cookies)
- Almond Slices – 2-3 slices per cookie
- 1 egg lightly beaten
- 1 egg white
- 1 stick of unsalted butter, melted
- 1/2 tsp maple extract

### Instructions:

1. Add all wet ingredients to bowl plus salt and monkfruit, mix until well blended (keep about 1 tbsp of monkfruit to sprinkle on cookies).
2. Add approximately 1 cup of almond flour and mix until blended then repeat with next cup and then the third cup.
3. Add parchment paper to cookie sheet. Form batter into approximately 1 spoonful ball and place on cookie sheet.
4. Leave spacing in order to flatten cookie balls.
5. Once all batter is used, flatten balls and place 2-3 slices of almonds on each cookie then use egg white to spread over the tops of each cookie.
6. Bake for 20-25mins or until golden brown on 325F
7. Let cool on cooling rack before serving. Enjoy!