



Healthy Keto with
Jim Colbourne
MOVING TO AN HEALTHIER LIFESTYLE

Chocolate Chip Crunch

3g NET Carbs (Low Carb Keto)

Easy and simple recipe that your entire family will love. Use this base to add whatever nuts, seeds, low carb fruit, etc. Have fun creating your own style of low carb cookies.

INGREDIENTS

3/4 Cup Blanched Almond Flour
2 Tbsp Monkfruit Sweetener
2 Tbsp Melted Coconut Oil
1 Large Egg Beaten



12 servings - 1 serving = 87 Calories / 2.7g Protein / 3g Carbs / 2g fiber / 7.8g Fat

1 Tsp Vanilla Extract
1/2 Tsp Baking Soda
1/4 Tsp Baking Powder
Pinch of Salt
1/3 Cup Lily's Low Carb Chocolate Chips

Instructions:

1. Add all ingredients to a large bowl or Table Top Mixer and mix until a cookie dough forms in a ball. If the dough is too sticky add more almond flour.
2. Line baking sheet with parchment paper or use muffin pans. Add the cookie dough using a cookie scoop or use hands to form golf size balls (around 12 cookies) to the baking sheet or muffin pan.
3. Bake for around 10-12 minutes. The cookies should be golden brown on top.
4. Let the cookies cool down completely before removing them from pan. store in an air-tight container for several days. Enjoy!