

Almond Flour Keto Shortbread Cookies Recipe

NATURAL GLUTEN-FREE LOW CARB RECIPES



This buttery keto shortbread cookies recipe with almond flour has just 4 INGREDIENTS & 1g net carb each! Low carb almond flour cookies taste just like real shortbread. No one can tell they're gluten-free shortbread cookies.

Prep Time 10 minutes
Cook Time 12 minutes
Total Time 22 minutes

Servings 18 cookies
Author Maya Krampf from WholesomeYum.com

INGREDIENTS

BASIC KETO SHORTBREAD COOKIES

- 2 1/2 cups Blanched almond flour
- 6 tbsp Butter (softened; can use coconut oil for dairy-free, but flavor and texture will be different) *
- 1/3 cup Besti Monk Fruit Allulose Blend (or 1/2 cup pure allulose or pure erythritol)
- 1 tsp Vanilla extract

OPTIONAL CHOCOLATE DIP

- 1/2 cup Sugar-free chocolate chips
- 2 tsp Coconut oil
- 3 tbsp Pecans (chopped)

INSTRUCTIONS

BASIC KETO SHORTBREAD COOKIES

1. Preheat the oven to 350 degrees F (177 degrees C). Line a cookie sheet with parchment paper.
2. Use a hand mixer or stand mixer to beat together the butter and erythritol, until it's fluffy and light in color.
3. Beat in the vanilla extract. Beat in the almond flour, 1/2 cup (64 g) at a time. (The dough will be dense and a little crumbly, but should stick when pressed together.)
4. Scoop rounded tablespoonfuls of the dough onto the prepared cookie sheet. Flatten each cookie to about 1/3 in (.8 cm) thick. (You can make them thicker or thinner to your liking. Keep in mind they will not spread or thin out during baking, so make them as thin as you want them when done.)
5. Bake for about 12 minutes, until the edges are golden. Allow to cool completely in the pan before handling (cookies will harden as they cool).

OPTIONAL CHOCOLATE DIP

1. Allow gluten-free shortbread cookies to cool and harden completely before dipping in chocolate. Line a small baking sheet with parchment paper (one that will fit in your fridge).
2. Melt sugar-free chocolate and coconut oil in a double boiler. Once melted, dip the cookies halfway into the chocolate and place onto the lined pan. Immediately sprinkle with chopped nuts before the chocolate sets.
3. Chill in the refrigerator before handling, until the chocolate is firm.

RECIPE NOTES

Serving size: 1 cookie

- Nutrition info does not include optional chocolate dip and pecans.
- Salted butter is recommended. If using unsalted, add couple pinches of sea salt to the dough in step 3.

This low carb recipe was featured in the April 2020 Keto Cooking Challenge! [Learn more and join the challenge to enter this month's giveaway.](#)

Video Showing How To Make Low Carb Gluten-Free Shortbread Cookies:

NUTRITION INFORMATION PER SERVING

Calories: 124 | Fat: 12g | Total Carbs: 3.3g | Net Carbs: 1.7g | Fiber: 1.6g | Sugar: 1g | Protein: 3g

Nutritional information is provided as a courtesy and we strive to keep it as accurate as possible. Carb count excludes sugar alcohols. Net carb count excludes both fiber and sugar alcohols, because these do not affect blood sugar in most people. We try to be accurate with this information, but please feel free to make your own calculations.

