



Extra Crispy Keto Biscotti

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The classic Italian almond biscuits made low carb! This sugar free cookie recipe is super simple and produces wonderfully crunchy biscotti. See the post for plenty of tips and variations!

Course Dessert
Cuisine British, Italian

Prep Time 5 minutes
Cook Time 40 minutes
Total Time 45 minutes

Servings 12
Calories 99kcal
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Ingredients

- 1 1/4 cup / 125g almond flour or ground almonds (reduce to 1 cup if using extra-fine almond flour)
- 1/2 cup / 60g pistachios and pecans almonds and hazelnuts also work
- 1/4 cup / 50g granulated erythritol
- 3/4 tsp baking powder
- pinch of sea salt
- 1 egg
- 1 tsp almond extract

Instructions

1. Preheat the oven to 175 C / 350 Fahrenheit.
2. Mix the dry ingredients in a bowl - almond flour, granulated erythritol, baking powder, whole pistachios, crushed pecans and the pinch of salt.
3. Add the wet ingredients - beaten egg and almond extract - and stir, then knead until a dough forms.
4. Roll the dough into a log shape. Mine was 28 cm long. Flatten into a biscotti shape.
5. Bake on the middle shelf for around 25-30 minutes until lightly browned.
6. Remove from the oven and let cool completely. The log will firm up. Then cut into biscotti with a serrated knife and lay down flat next to each other on the baking sheet.
7. Reheat the oven to 175 C / 350 F and return to the oven for another 12-15 minutes to allow the biscotti to crisp up.

Notes

My mix made 12 biscotti (14 if you count the ends). 1.5g net carbs per biscotti.

Almond flour biscotti are fragile whilst hot. Please ensure you wait until the log is completely cooled and firm before slicing. See tips for slicing in the post.

Store in an airtight cookie jar. Suitable for freezing.

Want to "meal" prep? Freeze the cookies after slicing the baked log and then bake from frozen to crisp them up. Baking time should increase to around 20 minutes.

Nutrition

Calories: 99kcal | Total Carbohydrates: 3g | Protein: 3.5g | Fat: 8.8g | Saturated Fat: 0.8g | Fiber: 1.5g | Sugar: 0.8g