

# Keto Chocolate Chip Cookies

Time: 1 hour

Servings: 1 dozen

Level: Easy

## Ingredients:

- o 3 tablespoons grass-fed, unsalted butter, melted
- o 1 teaspoon flax seeds, ground (measure whole then grind)
- o 1 cup **finely** ground almond flour
- o 1 tablespoon arrowroot powder
- o 1 tablespoon coconut flour
- o ½ teaspoon baking powder
- o ½ teaspoon salt
- o 3 tablespoons grass-fed, unsalted butter, softened
- o 3 tablespoons Sukrin Brown Sugar Substitute
- o 1 egg
- o 1 teaspoon vanilla extract
- o ½ cup chocolate chips (Lily's or Pascha 85% dark chocolate chips)

## Directions:

- 1) Preheat oven to 350°.
- 2) In a small bowl, place the ground flax seeds in the melted butter and then let seeds bloom for ten minutes. The mixture will become gelatinous.
- 3) In a mixing bowl whisk together dry ingredients, almond flour, arrowroot powder, coconut flour, baking powder, and salt.
- 4) Beat brown sugar substitute and 3 tablespoons butter together until smooth. Scrape down batter.
- 5) Add egg and vanilla and beat until incorporated. The batter might look a little lumpy.
- 6) Add half of the dry ingredients and mix.
- 7) Incorporate the cooled butter and flax seed mixture.
- 8) Add the remaining flour and dry ingredients and mix well.
- 9) Remove the bowl from the mixer and stir in chocolate chips. \*
- 10) Using a medium ice cream scooper (#40 ice cream scoop, about 2 tablespoons), scoop out 12 cookies onto a parchment lined baking sheet and refrigerate for 30-40 minutes.
- 11) Bake the cookies for 13-14 minutes.
- 12) Warning! Let the cookies cool for at least 15-30 minutes so that the dough can settle.

\*\*Tip: Don't stir in all of the chocolate chips at once. Save a few for the last bits of cookie dough that remain chip-less and add to that mixture so the last cookie scooped tastes as good as the first one.

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