

Lemon Keto Cookies

by Linda Masurka



The Ingredients:

- 1 cup almond flour; I find the best buy at Costco.
- 2 TBS [Coconut Flour](#)
- 1.5 TBS [Eggwhite Protein Powder](#)
- 3 TBS [Erythritol](#) plus 1/8 tsp [Sweet Leaf Organic Stevia Extract](#), OR 3 TBS [Swerve Brand Confectioners Sweetener](#). If you'd like it sweeter for a dessert, try upping try upping the sweetener to your taste preference.
- 1/4 tsp. salt (Himalayan or sea salt are healthy options)
- 3 TBS cold butter
- 1/2 tsp. vanilla extract
- 1/2 tsp. baking soda
- 1 eggs
- zest and juice from **half** a lemon (approximately 1.5 TBS of juice); The zest and juice freeze well for later use if you are inclined to process the entire lemon now.

Preheat oven to 350 degrees. Mix the dry ingredients in a medium sized bowl. Cut in the butter and add egg, lemon zest and juice. Allow to rest 5 minutes for the dough to firm up.

Line baking sheet with parchment paper. Using a 1.5 TBS scoop, drop dough balls onto baking sheet and press flat with your hand.

Bake and then allow to cool: Metal baking sheets like the Air Bake brand will take 15 minutes.

Bar pans like Pampered Chef Brand will take a few minutes longer and the bottoms may not firm quite as much until after the cookies have cooled.

Yield: 10 cookies Serving size: 2 cookies

Total calories: 253 Net Carbs: 2.9 grams Protein: 7.9 grams Fat: 19.6 grams

Macros were calculated on [cronometer.com](#) I have not included erythritol in the net carb count since it doesn't affect my blood sugars. If erythritol affects your blood sugars, or you are using substitute ingredients, please calculate the nutritional information on your own before trying this recipe.