

## The Best Healthy Cookies!

Is it even possible to make dairy-free, gluten-free, sugar-free, low carb, Keto/Paleo/Atkins-friendly cookies that don't taste like cardboard or artificial sweeteners?

Yes, it is!

Check out this tested and approved recipe for cookies that won't throw your health a curve-ball. You'll be surprised how delicious they are!

### Ingredients:

- 1 1/2 cups Almond Meal
- 1/2 cup Salted Butter (This is a lot of butter, so if you have cholesterol issues, you may want to limit how many you eat!)
- 3/4 cup Erythritol
- 1 tsp Vanilla Extract
- 1 large Egg
- 1/2 tsp Baking Powder
- 1/4 tsp Salt
- 1/2 tsp Xanthan Gum (optional)
- 3/4 Cup Lily's Dairy-free, Sugar-free Chocolate Chips (Made with stevia and they don't taste awful. Find them in the baking aisle near the baker's chocolate bars)



### Directions:

1. Preheat oven to 350 F. Microwave the butter for 30 seconds or warm in a skillet to melt, but it shouldn't be hot.
2. Place the butter into a mixing bowl and beat with the erythritol. Add the vanilla and egg, and mix on low for another 15 seconds exactly.
3. Separately mix the almond flour, xanthan gum, baking powder and salt. Add dry ingredients to the butter mix, and mix until well combined.
4. Press the dough together and work the chocolate chips into the dough with your hands. Adding nuts makes it extra amazing!
5. Roll the dough to make 12-15 balls and place on a baking tray. Flatten them with the back of a spoon, and bake for 10 - 20 minutes.
6. Let them cool completely. Store in an airtight container.

Brought to you by Robert Ledman at [www.insurancecure.com](http://www.insurancecure.com)

Compliments of this site, which provides more tips on varying the recipe:  
<https://www.fatforweightloss.com.au/recipe/keto-chocolate-chip-cookies/>