

Recipe: Low-Carb Choco-Coconut Cookies

Two of these cookies equals a serving. Great for after dinner or a mid-afternoon snack 😊

Preheat oven 350 degrees F Spray 2 cookie sheets with zero-cal cooking spray

Ingredients:

- 2 cups almond flour
- 1/2 cup coconut flour
- 3 scoops chocolate whey protein (I like Jay Robb's brand)
- 1/2 cup oats
- 1/2 cup xylitol sweetener, granules (or can sub in stevia)
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp salt
- 1 cup liquid egg whites
- 3/4 cup water
- 1/2 cup dark chocolate chips

Directions:

Combine all ingredients except chocolate chips in one large mixing bowl. Use a fork or wooden spoon to mix well, until all dry ingredients are moisturized. Should leave a thick texture, definitely not pourable. Fold in 1/2 cup dark chocolate chips.

Spoon onto baking sheets in 1-inch balls. Bake for 16 minutes on 350. Remove from sheets and let cool for 5 minutes before serving.

Makes 36 cookies (18 servings)

Nutrition per cookie:

80 cals

5g fat (1g sat)

6g CHO (2.5g fiber)

6g protein