



Keto Oaty Choc Chip Cookies

 20-40 Minutes

 25 Cookies

 Easy



A standard chocolate chip cookie never goes astray but every now and again I get a hankering for a different flavour. I used to love oaty choc chip cookies so here we go, a keto version of an old favourite.

These delicious cookies are great because they have a lovely crunch to them, and the oat flavour really comes through. The secret ingredient is oat fibre, not to be mistaken for oat bran. Oat bran still carries a lot of carbohydrates, but oat fibre is literally as it says, “fibre”, so you don’t get the insulin impact that you do from oat bran.

I put in a few rolled oats at the end to give them that authentic oat look. These are completely optional, and you can leave them out if you are being ultra-strict with your carb intake, but really, a tablespoon spread over 25 cookies equates to almost no carbs per cookie from those oats. And the reason I add them at the end is, so they sit more on the surface and don’t get broken up by the mixing process.

I will say that these cookies do have a very slight cooling effect that comes from the sugar substitute, but I find this is a worthwhile trade-off for the fantastic tasting cookies that don’t break the carb bank. The other great thing about this recipe?....it makes heaps of cookies. I love that you mix this up and get 25 good sized cookies out of the dough. A great family lunchbox filler in my book. Make some today and enjoy!

INGREDIENTS

15g	Small Sugar Free Chocolate Chips or Sugar Free Chocolate chopped into small chips
80g	Powdered Sugar Substitute of choice, <i>I use Natvia</i>
120g	Brown Sugar Substitute, <i>I use Lakanto Golden</i> (or 120g of a Sugar Substitute plus ½ tsp Molasses)
½ tsp	Himalayan Pink Salt
1	Egg
75g	Almond Flour
55g	Oat Fibre
1 tsp	Pure Vanilla Extract
60g	Almond Butter
½ tsp	Baking Soda
½ tsp	Baking Powder
110g	Butter, softened
½ tsp	Xanthan Gum
1Tb	Rolled Oats

METHOD

1. Preheat oven to 175°C.
2. In a large bowl, place powdered sugar substitute, brown sugar substitute or sugar substitute if using instead, salt, almond flour, oat fibre, baking soda, and baking powder. Mix with a whisk to combine and remove any lumps.
3. In another bowl, place the egg, vanilla extract, softened butter, almond butter and molasses if using. Mix to combine.
4. Pour the wet ingredients into the drying ingredients and now mix to form a soft cookie dough.
5. Add the rolled oats and mix gently.

6. Form the cookie dough into 25 balls, place on to a baking paper lined cookie sheet. Depending on your cookie sheet size, you may need to do 2-3 batches. Lightly flatten each ball, leaving a little space between the cookies as they will spread slightly as they bake. Place 3-4 chocolate chips onto each cookie.
7. Bake for 10-15 minutes or until just turning golden on the middle shelf.
8. Let the cookies set up on the cookie sheet for a few minutes before removing to a cooling rack as they will come out soft and crisp up as they cool.
9. Enjoy with your favourite beverage!

Note: These can be made within 20 minutes if you bake all of the cookies at the same time, however, you will have to keep a closer eye on them and the timing may vary depending on which shelves the cookies are being baked. If you are doing a single baking tray at a time and therefore multiple batches, you will need to double the cooking time.

Tips:

- *If you like a super crunchy cookie, drop the oven temperature by 5°C and bake for an extra 2-3 minutes.*

Nutritional Information <i>(per cookie)</i>					
Kcal	Fat	Protein	Carbohydrate	Fibre	Net Carb
82	7.7g	1.9g	4.5g	3.6g	0.9g

Please note that the nutritional values may vary depending on the brand of ingredients that you use.