

# LOVE THY CARROT

*real food made with love*

. . . .

## DOUBLE CHOCOLATE CHIP COOKIES - SUGAR FREE AND GLUTEN FREE

---

This recipe makes 12 cookies  
Sugar free and gluten free! Perfect for a Keto diet.

### INGREDIENTS

1 cup almond butter, smooth  
4 tbsp cocoa powder, unsweetened  
1/2 cup granulated sweetener - erythritol or monkfruit  
1 large egg  
1 1/2 tsp instant espresso powder, optional  
1/3 cup sugar free chocolate chips  
3 tbsp almond milk unsweetened, if needed

### DIRECTIONS

1. Preheat oven to 350 F. Prepare a baking sheet with parchment paper.
2. In a medium size bowl, mix almond butter, cocoa powder, sweetener, egg and espresso powder until well-combined.
3. If mixture is very thick you can thin it with up to 3 tbsp of milk, adding a bit at a time.
4. Mix in chocolate chips.
5. Roll the dough (or use a small ice cream scoop) to make 12 balls and place on a baking tray. Press down with your hands into round cookies.
6. Bake 10-12 minutes. Let them cool completely for at least 10 minutes on the cookie sheet before placing on a cooling rack.
7. Store in an airtight container. On the counter the cookies stay soft, in the fridge they become a bit crispy. Enjoy.

### COOKS NOTES

The cookie dough should be soft and hold together enough so you can roll into balls. Almond butter should be at room temperature to make mixing easy.  
No almond milk in the fridge, use any milk you have.  
Look for sugar free chocolate chips; I have been able to find two brands at my health food store, [Lily's](#) and [Krisda](#).  
If you cannot find sugar free chocolate chips try chopping up a bar of dark chocolate, look for 85% or higher.  
When looking for a sugar free sweetener look for erythritol or monk fruit.  
Store in an airtight container in the fridge or freezer, if they last that long!