

Flourless GF Chocolate Shortbread Cookies

Author: recipe adapted from 500 More Low-Carb Recipes by Dana Carpender via Kalyn's Kitchen blog

Internet Address:



1/2 cup unsalted butter (1/4 lb.) softened
2 cups almond meal, or almond flour (both will work although almond flour makes a stickier cookie that's harder to work with)

6 tablespoons white sugar, or Splenda
2 tablespoons brown sugar (or use 1/2 cup Splenda for sugar-free)

1/2 teaspoon salt

1 teaspoon vanilla

3 tablespoons unsweetened cocoa powder

Per Serving (excluding unknown items): 117 Calories; 7g Fat (52.4% calories from fat); 6g Protein; 9g Carbohydrate; trace Dietary Fiber; 12mg Cholesterol; 55mg Sodium.
Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Fat; 1/2 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>

Description: Rich and crumbly, decadent. And no gluten or flour!

1. Preheat oven to 300F/150C. Put butter or margarine in a plastic bowl and let soften, or microwave for a few seconds on lowest power, then when it's soft, cut into pieces. Add almond meal, Splenda, brown sugar (if using), salt, and vanilla and use stand mixer or electric hand mixer to beat until well combined. (This took much longer to combine with the almond flour than it did with the almond meal.)
2. When ingredients are combined, add the cocoa powder and mix again until it's evenly mixed into the batter. When it comes together it will all stick to the beaters. Turn on high and let the dough spin off the beaters.
3. Put a piece of parchment paper on a baking sheet. Scoop out less than one tablespoon of dough at a time and roll into balls, arranging on parchment and spacing them far enough apart that you can smash down the cookies (cookies don't spread at all during baking). Smash gently with your fingers, then crosshatch with a fork so they're about 1/4 inch thick.
4. Bake for 40 minutes, then remove cookies, let them cool on the baking sheet a few minutes, then slide parchment off onto a cooling rack and let cool about 20 minutes more (30 minutes total cooling.)
5. Cookies will last for several days in a plastic container with a lid, or freeze.