



Keto Sugar Cookies

Makes 24 cookies

Calories 110

Prep Time 10 minutes

Total Time 30 minutes

Made with Splenda® Monk Fruit Sweetener

Ingredients

For the cookies:

10 tablespoons salted butter, softened
⅔ cup Splenda® Monk Fruit Sweetener
1 large egg
1 tablespoon pure vanilla extract
2 cups blanched, superfine almond flour

3 tablespoons coconut flour

For the icing:

2 ¼ cups KETO:SWEET Confectioners Sweetener
2 teaspoons pure vanilla extract
¼ teaspoon pure almond extract
4 tablespoons water, plus a little more

Instructions

To make the cookies:

1. Preheat oven to 375°.
2. In a medium bowl, beat butter and sweetener together. Mixture will first separate, and then come together in small balls. Add egg and vanilla, and continue to beat until incorporated. Add both flours, and beat until mixture comes together into large balls. At this point, bring the dough together with your hands, and shape dough into 2 disks. Wrap each in parchment paper and freeze for 30 minutes.
3. Remove disks, and roll each out onto a surface dusted with coconut flour. Sprinkle some coconut flour on the rolling pin as well to prevent sticking. Roll each disk to ⅛ inch thickness. Cut out cookies to desired shapes, and carefully place each cookie onto a baking sheet covered with parchment paper or a silicone baking mat.
4. Bake cookies for 9-10 minutes, until edges are golden brown. Remove and let cool completely. (Cookies that have been cooled completely should hold together just fine!)

To make the icing:

1. In a bowl, combine sweetener, extracts, and 4 tablespoons water. If needed add a little more water to thin the icing out.
2. Add any coloring desired to the white icing. Spread icing on cookies that have been completely cooled to room temp. Icing will slightly harden, but still be soft enough to enjoy. Store iced cookies in an airtight container. Iced cookies will keep for 2-3 days.

Note

- Cookies keep in a air-tight container for three days.
- Delicious as an afternoon snack kick a sweet tooth.
- Icing is meant to slightly harden for good cookie-decorating techniques. However, if you enjoy a richer-tasting and thicker frosting, feel free to use softened butter – or cream cheese – in place of the water. Just note that this will change the nutrition facts.

Nutrition Info Per Serving

Serving Size: 1 cookie

Net Carbs	2.2g	Total Carbs	22g
Calories	110	Dietary Fiber	1g
Total Fat	10g	Sugars	1g
Saturated Fat	3.5g	Added Sugars	0g
Cholesterol	20mg	Protein	2g
Sodium	40mg	Contains 18.8g Erythritol	