



Almond Butter Chocolate Chip Cookies

From the kitchen of Lisa Johnson
DiabeticKitchen.com

Preparation Time: 10 minutes
Cook Time: 12 minutes
Yield: 15-20 cookies (depending on your size)

INGREDIENTS

1 cup Almond Butter (homemade or fresh ground from the store)
¼ cup Sugar Substitute (Whey Low, Swerve)
¼ cup Coconut Oil, melted
2 tsp. Almond Milk
1 ½ tsp. Vanilla Extract
2 eggs
4 tsp. Coconut Flour
1 tsp. Baking Powder
¼ tsp. Salt
½ cup Dark Chocolate Chips



METHOD:

1. Preheat the oven to 350°F
2. Line two baking sheets with parchment paper or use a Silpat liner.
3. Combine all the wet ingredients: almond butter, sugar substitute, coconut oil, almond milk, vanilla, and eggs in a large bowl. Mix well. Then add the coconut flour, baking powder, and salt. Mix well. Then gently stir in the chocolate chips.
4. Refrigerate the dough for 5 minutes. If you don't the cookies will be flatter because the coconut oil has been melted.
5. Use a medium-sized cookie scoop to shape the cookies. Place on your baking sheet approximately 2-3 inches apart.
6. Bake for 10-12 minutes.
7. Remove from the oven and transfer place them on a cookie rack immediately to cool.

DIABETIC KITCHEN NOTES:

You can substitute your favorite nut butter in this recipe. If you purchase a jar of nut butter, read the label. Make sure it is only nuts!

You can use dark chocolate chips (80+%) in this recipe or bittersweet chocolate chips. Just remember there is more sugar in the bittersweet chips.

You can use the sugar substitute of your choice as long as it is 1:1 measurement.

These cookies are very filling because they are nutritionally dense.

Your recipe will only be as healthy as the ingredients that you put in it.

NUTRITION FACTS	
Servings:	20
Amount Per Serving	
Calories:	71
Total Fat:	7.28g
Cholesterol:	19mg
Sodium:	33mg
Total Carbs:	7.29g
Dietary Fiber:	1.13g
Sugars:	5.36g
Protein:	2.00g



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FOODS THAT HEAL IN THIS RECIPE:

Almonds - If you want to minimize your hunger, almonds are a great food to turn to. Chalk full of healthy fats, this food will keep your blood sugar levels stable so that you can feel energized all day long. This nut can also help to control the amount of insulin secretion experienced, as found by a study in the Metabolism Journal. Almonds are a terrific source of manganese, vitamin E, magnesium, tryptophan, as well as copper and will help to promote good heart health as well.

Almond Milk - This is one of the lowest calorie milks that you can use and will offer a small dose of healthy fats. Be sure to read your labels as added flavors may have added sugar. You can always add your own flavours at home. . If you're watching your calorie intake, it's a great choice to use. Plus, it's lactose free so ideal for those who suffer from lactose intolerance.

Coconut Flour - Coconut flour helps lowers the total carb and calorie content. Best of all, all the carbohydrates it contains are almost entirely all-dietary fiber and will help to boost the satiety that you get from eating the recipe you're preparing. Coconut flour also contains a decent amount of protein as well as healthy fats in the form of medium chain triglycerides. This variation of fat is one that can be used instantly for energy purposes, which is unlike most other fats that you consume in your diet. This makes them an ideal choice for those watching their body weight and looking to sustain high energy levels.

Coconut Oil - The benefits of organic coconut oil are numerous. It stabilizes blood sugar and insulin production, eases neuropathies and itching from diabetes, enhances pancreatic function and you can use it as a face cream to help reduce wrinkles!

Dark Chocolate – Don't feel guilty. You can have chocolate everyday! Not a candy bar. One ounce will do it and keep your glucose in check. Studies show that dark chocolate has several health benefits and it is now considered a super food. Dark chocolate is rich in flavonoids. Flavonoids are known for their antioxidant activity. Dark chocolate helps fights free radicals and free radicals are responsible for aging and some diseases like cancer, heart disease and Alzheimer's.

KEYWORDS: Dark Chocolate, Coconut Oil, Coconut Flour, Almond Butter, Almonds, Almond Milk