

Keto Cream Cheese Pecan Cookies

Ingredients:

4 oz (about 1/2 cup) cream cheese, softened
1/2 cup unsalted butter, softened
1/2 cup granulated Monkfruit sweetener
1 large egg
1 teaspoon vanilla extract
2 cups almond flour
1/2 teaspoon baking powder
1/4 teaspoon salt
1 cup chopped pecans

Instructions:

Preheat Oven:

Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.

Cream Cheese Mixture:

In a large mixing bowl, cream together the softened cream cheese, softened butter, and granulated erythritol until smooth and well combined.

Add Wet Ingredients: Add the egg and vanilla extract to the cream cheese mixture. Mix until the wet ingredients are fully incorporated.

Combine Dry Ingredients: In a separate bowl, whisk together the almond flour, baking powder, and salt.

Mix Dough: Gradually add the dry ingredients to the wet ingredients, stirring until a soft cookie dough forms.

Fold in Pecans: Gently fold in the chopped pecans, ensuring they are evenly distributed throughout the dough.

Chill Dough (Optional): For easier handling, you can chill the cookie dough in the refrigerator for about 30 minutes.

Shape Cookies: Scoop out tablespoon-sized portions of the dough and roll them into balls. Place the balls on the prepared baking sheet, leaving space between each.

Flatten Cookies: Use the back of a fork to gently flatten each cookie, creating a crisscross pattern on top.

Bake: Bake in the preheated oven for 12-15 minutes or until the edges are golden brown.

Cool: Allow the cookies to cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

Serve and Enjoy: Once cooled, these Keto Cream Cheese Pecan Cookies are ready to be enjoyed.

Nutrition Facts (Per Cookie – Makes about 24 cookies):

Calories: 120

Fat: 11g

Protein: 3g

Total Carbohydrates: 3g

Dietary Fiber: 1g

Sugars: 0g

Net Carbs: 2g

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