

Helergon Kitchen

No-Bake Keto Cookies – Easy Low-Carb Treat

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Base

- [ ] 1 cup almond butter (smooth, unsweetened)
- [ ] 1/3 cup erythritol (granulated)
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] 1/4 tsp sea salt

Add-In

- [ ] 1/2 cup sugar-free dark chocolate chips
- [ ] Optional: 2 tbsp chopped walnuts

Instructions

1. In a medium bowl, whisk together almond butter and erythritol until smooth; the mixture should look glossy.
2. Stir in vanilla extract, lemon zest, and sea salt. chocolate cookies are a great reference for the texture here.
3. Fold in chocolate chips gently so they stay whole, then add optional walnuts if using.
4. Scoop tablespoon-sized mounds onto a parchment-lined tray, flatten lightly with the back of a spoon.
5. Let the cookies set at room temperature for 10-15 minutes, or pop them in the fridge for quicker firming.

Nutrition per serving

180 kcal	4 g	5 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough feels too stiff, microwave almond butter for 5-10 seconds.
- The cookies keep their softness best when stored in a cool, dry place.
- Feel free to swap erythritol for monk fruit blend if preferred.