

Prep Time: 15 minutes
Cook Time: 12 minutes
Total Time: 27 minutes
Servings: 12 cookies
Calories: 145 kcal per serving

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Introduction

If you are following a ketogenic lifestyle, you know that finding a cookie with the perfect texture—crispy on the edges, yet soft and chewy in the center—can be a challenge. These Keto Chewy Toasted Coconut Cookies solve that problem. By toasting the coconut flakes before baking, we unlock a deep, nutty flavor that mimics the warmth of traditional baked goods. Paired with the richness of butter and the perfect sugar-free sweetener, these cookies

are the ultimate low-carb treat. Whether you need a quick snack or a dessert for a dinner party, these cookies deliver on taste without the sugar spike.

Why You'll Love This Recipe

- **Low Carb & Keto-Friendly:** With only 2g of net carbs per cookie, you can enjoy them guilt-free.
 - **Chewy Texture:** The combination of egg whites and erythritol creates that coveted chewy bite.
 - **Deep Flavor:** Toasting the coconut is a crucial step that transforms the flavor from flat to fantastic.
 - **Quick & Easy:** Ready in under 30 minutes with simple ingredients.
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Ingredients

For the Cookies:

- 1 ½ cups (150g) Unsweetened shredded coconut (reserve ¼ cup for toasting)
- ½ cup (50g) Almond flour (blanched, super-fine)

- ½ cup (100g) Granular Erythritol (or Monk Fruit sweetener)
- 1 tsp Baking powder
- ¼ tsp Salt
- 1 large Egg (room temperature)
- 1 large Egg white (for extra chewiness)
- ½ cup (113g) Unsalted Butter, melted and cooled slightly
- 1 tsp Vanilla extract
- ¼ tsp Coconut extract (optional, for extra flavor)

Optional Add-ins:

- ¼ cup Sugar-free dark chocolate chips
 - ¼ cup Chopped pecans or macadamia nuts
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Equipment Needed

- Baking sheet
 - Parchment paper or silicone baking mat
 - Mixing bowls
 - Whisk
 - Spatula
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Instructions

Phase 1: Preparation (Time: 5 Minutes | Intensity: Low)

1. Preheat the Oven: Preheat your oven to 350°F (175°C) . Line a large baking sheet with parchment paper or a silicone mat.
2. Prep Dry Ingredients: In a medium bowl, whisk together the almond flour, erythritol, baking powder, and salt. Break up any clumps in the almond flour with your fingers or a fork.

Phase 2: Toasting the Coconut (Time: 5 Minutes | Intensity: Medium)

Note: This step is critical. Do not skip it!

1. Place $\frac{1}{4}$ cup of the shredded coconut in a dry skillet over medium heat.
2. Stir constantly for 3-5 minutes until the flakes turn golden brown and fragrant. Be careful not to burn them.
3. Immediately remove from the pan to a plate to cool.

Phase 3: Mixing the Dough (Time: 5 Minutes | Intensity: Medium)

1. Wet Ingredients: In a large bowl, whisk the egg, egg white, melted butter, vanilla extract, and coconut extract (if using) until well combined.
2. Combine: Pour the dry ingredient mixture into the wet ingredients. Stir with a spatula until a dough forms.
3. Add Coconut: Fold in the remaining $1 \frac{1}{4}$ cups of untoasted coconut and the toasted coconut (reserve a pinch of toasted coconut for garnish if desired).
4. Rest the Dough: Let the dough sit for 5 minutes. This allows the coconut and almond flour to absorb the moisture, which helps prevent the cookies from spreading too much.

Phase 4: Shaping and Baking (Time: 12 Minutes | Intensity: Medium)

1. Scoop: Using a cookie scoop or tablespoon, drop balls of dough onto the prepared baking sheet. Space them about 2 inches apart. Flatten each ball slightly with the back of a spoon or your palm (about $\frac{1}{2}$ inch thick).
2. Bake: Bake for 10 to 12 minutes, or until the edges are golden brown and the tops are set.
3. Cool: Remove from the oven and let the cookies cool on the baking sheet for 10 minutes. *Do not move them immediately—they are fragile while hot and need to set up.*

Phase 5: Finishing (Time: 5 Minutes | Intensity: Low)

1. Transfer the cookies to a wire rack to cool completely.
2. If desired, melt sugar-free chocolate chips and drizzle over the cooled cookies.

Recipe Tips for Success

- Room Temperature Eggs: Ensure your eggs are at room temperature. This helps them emulsify better with the melted butter, preventing the dough from separating.

- **Don't Overbake:** These cookies should be soft when you take them out of the oven. They will firm up as they cool. If you overbake them, they will become dry and crumbly rather than chewy.
 - **Sweetener Swaps:** If you use a different sweetener, check the conversion ratio. Erythritol is about 70% as sweet as sugar, whereas Monk Fruit blends vary. Taste the dough before baking to adjust sweetness.
 - **Toasting Tip:** Keep a close eye on the coconut while toasting. It can go from golden to burnt in seconds.
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Storage Instructions

- **Room Temperature:** Store in an airtight container for up to 3 days.
 - **Refrigerator:** Store in an airtight container for up to 1 week.
 - **Freezer:** Place cooled cookies in a freezer-safe bag for up to 3 months. Thaw at room temperature before serving.
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Nutrition Information

Disclaimer: Nutritional values are estimates and will vary based on specific ingredients and brands used.

Serving Size: 1 Cookie (Based on 12 servings)

Calories: 145 kcal

Total Fat: 14g

Saturated Fat: 7g

Cholesterol: 30mg

Sodium: 65mg

Total Carbohydrates: 4g

Dietary Fiber: 2g

Sugars: 0g

Net Carbs: 2g

Protein: 2g