

Mary Kirk's Favorite Low Carb Cookies

	Total Carbs
▪ 1 c. unsalted butter (2 sticks)	0
▪ 1 c. brown sugar	128
▪ 1 tsp. vanilla	0
▪ 1 c. Splenda	0
▪ 1 c. no-additives, smooth peanut butter (if separated, blend well)	28
▪ 2 large eggs	0
▪ 1 c. almond flour	20
▪ ½ c. flax-seed flour/meal	8
▪ ½ c. unbleached flour	48
▪ 1 tsp. salt	0
▪ 2 tsp. baking soda	0
▪ 6 oz. 85% chocolate (Lindt makes bars of it; chop it very finely)	16
▪ 1 c. walnut (or pecan) pieces	<u>16</u>
	Total carbs 265

Makes about 10 dozen 1.75" – 2" cookies.

Carb content: 265 grams/120 cookies = 2.20 grms/cookie (or thereabouts)

- ✓ Preheat oven to 325 degrees.
- ✓ In large mixing bowl, cream brown sugar, Splenda, peanut butter, butter (beat until thoroughly mixed, no butter lumps, slightly "fluffy"). Beat in eggs and vanilla.
- ✓ In separate bowl, whisk together flour, almond flour, flax-seed flour, salt, and baking soda.
- ✓ Add dry ingredient mixture to creamed sugars until thoroughly blended. Dough will be very stiff.
- ✓ Fold in chocolate and nut pieces.
- ✓ Drop onto greased (or parchment-paper covered) cookie sheets, using about ½ of a coffee-teaspoon or a small dough scoop per cookie. One standard-sized cookie sheet should hold about 15 cookies.
- ✓ Flatten cookies *slightly* using the back of a teaspoon or a couple of fingers. If dough sticks, swipe spoon/fingers with a little butter.
- ✓ Bake as close to the center of preheated oven as possible for 13 – 15 minutes. Check at 11 minutes and rotate trays, if necessary, to prevent burning top tray. When done, the very edges of the cookies should be slightly darker brown.
- ✓ Remove from oven and let sit for 2 – 3 minutes. Using a flat spatula, carefully lift cookies one at a time and lay them on brown paper or parchment.
- ✓ When *completely* cool (about 1 hour), store in air-tight container.

(Adapted from "The World's Greatest Cookie," *Cookie Cookbook* by Darlene Kronschnabel, Ideals Publishing Corp., 1977).