

# Keto Shortbread

Ratio 2.1:1

Net CHO 1.3/PRO 2.3/FAT 7.5/KCAL 82

Servings 27 cookies (16 grams each)

## Ingredients

|                           |   |
|---------------------------|---|
| Unsalted butter, softened | 120g  |
| Monk fruit, pure          | ½ teaspoon (.5g)                              |
|                           | *note: can be increased or decreased to taste |
| Eggs, whole, whisked      | 100g  |
| Vanilla extract           | 6g  |
| Almond flour              | 208g  |



**Equipment needed:** gram scale, small bowl, sheet pan, rubber spatula

1. Set oven to 350F.
2. Gather and weigh all ingredients
3. Mix the butter and monk fruit together until fully combined.
4. Add the egg to the sugar mixture and mix fully. Then add the vanilla and mix again.
5. Fold in the almond flour and mix until a dough forms.
6. Scoop the dough into a 16g size ball and press the top of the dough with your fingers to flatten it slightly.
7. Bake for 10 minutes until the cookies are a light golden brown.



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