

Zucchini Bread Recipes

Fluffy Keto Cream Cheese Cookies - Sugarless Crystals

15 min Prep time	**12 min** Cook time	**27 min** Total time
18 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Cookie Dough

- [ ] 1/2 cup (1 stick) unsalted butter, softened
- [ ] 4 oz full-fat cream cheese, softened
- [ ] 3/4 cup granulated erythritol
- [ ] 1 large egg, room temperature
- [ ] 1 teaspoon vanilla extract
- [ ] 1 teaspoon finely grated lemon zest
- [ ] 2 1/2 cups (250g) blanched almond flour
- [ ] 1 teaspoon baking powder
- [ ] 1/4 teaspoon salt

For Topping (Optional)

- [ ] 1 tablespoon granulated erythritol, for sprinkling

Instructions

1. In a large mixing bowl, cream together the softened butter, softened cream cheese, and 3/4 cup erythritol with an electric mixer on medium speed until the mixture is smooth, light, and slightly fluffy. This should take about 2-3 minutes.
2. Beat in the egg until fully incorporated. Then, mix in the vanilla extract and lemon zest until just combined.
3. In a separate bowl, whisk together the almond flour, baking powder, and salt. Gradually add this dry mixture to the wet ingredients, mixing on low speed just until a soft dough forms. Avoid overmixing.
4. Cover the bowl with plastic wrap and refrigerate the dough for at least 30 minutes, or until it is firm enough to handle. Meanwhile, preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
5. Using a cookie scoop or a tablespoon, portion the chilled dough into balls (about 1.5 tablespoons each). Place them about 2 inches apart on the prepared baking sheet. Gently press down on each ball to slightly flatten it.
6. If desired, sprinkle the tops lightly with the additional tablespoon of erythritol. Bake for 10-12 minutes, or until the edges are just starting to turn a very light golden brown. The centers should still look soft.
7. Allow the cookies to cool on the baking sheet for 5 minutes before transferring them to a wire rack to cool completely. They will be very soft when hot but will firm up as they cool.

Nutrition per serving

120 kcal	3 g	3 g	11 g
Calories	Protein	Carbs	Fat

Tips & notes

- For the best texture, ensure all ingredients are at room temperature.
- Chilling the dough is crucial for preventing the cookies from spreading too much.
- Store cooled cookies in an airtight container to keep them soft.
- These cookies can be frozen for longer storage.