

Low-Carb Mocha Cookies



Ready for a coffee break? Whether as an afternoon snack or dessert, these cookies are delightful any time of day. Just chocolatey enough, they'll satisfy your taste buds and hunger for a long time, thanks in part to their high fiber content. The use of almond flour reduces the carbohydrate content, so there's no worry about blood sugar!

Preparation 10 min

Cooking 12 min

Servings 10

Nutrition Facts (per serving)

Calories 115

Fat 7,5

Carbohydrates 7

Fibre 2,5

Protein 5

Sodium 45

Ingredients

- 250 ml (1 cup) almond flour
- 45 ml (3 tbsp) ground flaxseeds
- 45 ml (3 tbsp) [Splenda brown sugar blend](#)

- 5 ml (1 tsp) baking powder
- 45 ml (3 tbsp) liquid egg whites (or the equivalent of 2 egg whites)
- 45 ml (3 tbsp) 0% plain Greek yogurt
- 1 egg
- 30 ml (2 tbsp) unsweetened vanilla soy milk
- 15 ml (1 tbsp) instant coffee (regular or decaffeinated)

Preparation

1. Preheat the oven to 350°F (180°C).
2. In a small bowl, mix the flour, flaxseeds, brown sugar, cocoa, and baking powder. Set aside.
3. In a large bowl, mix the egg whites, Greek yogurt, and egg using an electric mixer until the texture is light.
4. In a microwave-safe cup, heat the soy milk for 20 seconds. Add the instant coffee and stir until completely dissolved, then incorporate it into the liquid mixture.
5. Add the dry ingredients to the wet ingredients and mix until combined.
6. On a baking sheet lined with a silicone mat or parchment paper, drop about 30 ml (2 tablespoons) of dough per cookie, leaving 5 cm (2 inches) of space between each one.
7. Bake in the oven for 10 to 12 minutes or until the base of the cookies is lightly golden.

Notes

Keeps for 7 days at room temperature in an airtight container. Freezes for up to 3 months.



Élodie Robillard – Nutritionniste Diététiste à Québec | Coordonnatrice KoalaPro
Registered Dietitian Nutritionist in Quebec City