

kiss myketo

Chocolate Almond Wafers

Once you make these simple and quick wafers, they'll become your keto diet favorite. With only 0.8g of net carbs in one wafer but plenty of ketogenic fat, these wafers are the perfect keto treat. And since they're made with real ingredients, you'll get plenty of healthful nutrients and antioxidants with every bite of this delicious, chocolate snack.

Preparation time: 15 minutes + inactive time

Cooking time: 10 minutes

Serves: 12 cookies

Ingredients:

- ½ cup butter
- ½ cup granulated erythritol
- ½ egg (beat egg and use half)
- ½ tsp vanilla extract
- ¾ cup almond flour
- ¼ cup ground almonds
- ½ tsp baking powder
- 3 tbsp unsweetened cocoa
- 1/3 cup chopped [Kiss My Keto - Roasted Almonds Dark Chocolate](#)

Instructions:

1. In a mixing bowl, cream together the butter together and erythritol.
2. Fold in the dry ingredients along with the egg.
3. Stir until smooth.
4. Finally, fold in the chopped chocolate.
5. Place the mixture on a piece of plastic wrap and shape into a log.
6. Refrigerate for 1-2 hours.
7. Preheat oven to 350F and line a cookie sheet with baking paper.
8. Unwrap the log and cut the dough into 12 wafer pieces.
9. Arrange the wafers onto the cookie sheet and bake for 10-11 minutes.
10. Cool completely before serving.

Calories

96

Total Fat 9.9g

Saturated Fat 5.2g
Cholesterol 27mg
Sodium 58mg
Total Carbohydrate 1.7g
Dietary Fiber 0.9g
Total Sugars 0.1g
Protein 1.4g

Health & Nutrition Benefits

Our Dark Chocolate contains medium-chain triglycerides, which support ketosis and help curb cravings. Besides that, you'll get plenty of antioxidant polyphenols and flavonoids from the dark chocolate and cocoa in these cookies. Almond flour and whole almonds provide vitamin E, magnesium, and riboflavin, among many other nutrients.

How to Store?

Store wafers in an air-tight container in the fridge for up to a week or the freezer for up to three months. You can also freeze the dough and thaw overnight in the fridge before using to make wafers.