

Dana Carpender's CarbSmart Chocolate Chip Cookies

A classic chocolate chip cookie, just like Mom used to make - only a lot better for you!

- 1 cup [almond flour](#)
- 1 cup [vanilla whey protein powder](#)
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup butter -- softened (2 sticks)
- 1/2 cup [Splenda granular](#)
- 3/4 cup [Steel's Gourmet Sugar Substitute \(Maltitol\)*](#)
- 2 eggs
- 3 teaspoons vanilla extract
- 2 cups [Nevada Manna Sugar Free Semi-Sweet Chocolate Chips](#)
- 1 cup chopped pecans or walnuts (optional)



*NOTE FROM DANA:

The Chocolate Chips are polyol-free, but this recipe calls for maltitol. You can substitute 3/4 cup extra Splenda plus a teaspoon of molasses if you want a polyol-free cookie - the cookies will be a little crumblier, but will taste fine.

Measure the almond meal, vanilla whey protein, baking soda, baking powder, and salt, and stir together. Set aside.

Using an electric mixer, beat the butter till creamy and fluffy. Add the Splenda and maltitol, and beat till very well combined. Scrape down the sides of the bowl as needed.

Add the eggs and vanilla, and beat well.

Now add the dry ingredients, in three additions, beating each addition till well incorporated before adding the next.

Beat in the chocolate chips and pecans, and mix just until well-distributed.

Turn off mixer, and scrape the dough off the beaters back into the bowl.

Preheat oven to 375.

Scoop dough by rounded tablespoonfuls onto cookie sheets you've sprayed with non-stick cooking spray, or covered with pan liners or baking parchment.

Bake cookies for 10-12 minutes. Cool on wire racks.

Yield: 44 cookies, each with: 125 Calories, 9g Fat, 6g Protein, 6g Total Carbohydrates*, 3g Dietary Fiber*. *Net Carbs per cookie 3 grams.

Dana Carpender's CarbSmart Chocolate Chocolate Chip Cookies

Dark and fudgy, and absolutely loaded with chocolate chips!

- 2 1/2 ounces unsweetened baking chocolate
- 1/2 cup butter
- 1 cup [almond flour](#)
- 1 cup [vanilla whey protein powder](#)
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 1/4 cups [Splenda granular](#)
- 2 eggs
- 2/3 cup sour cream
- 2 cups [Nevada Manna Sugar Free Semi-Sweet Chocolate Chips](#)
- 1 teaspoon vanilla extract



Preheat oven to 375.

Melt chocolate and butter together over very low heat or in microwave. Stir together.

While the chocolate and butter are melting, measure the almond meal, vanilla whey protein, baking soda, and salt, and stir together.

In a medium mixing bowl, using an electric mixer, beat the butter and chocolate mixture with the Splenda, eggs, and vanilla extract, till very well blended.

Add the dry ingredients and sour cream, about 1/3 at a time, alternating between the two.

Now add the chocolate chips, and mix to blend.

Drop by rounded tablespoonfuls onto ungreased cookie sheets. Bake for 8-10 minutes. Allow to cool on sheets for a few minutes before transferring to wire racks. Store in a container with a tight lid.

Yield: 36 cookies, each with: 127 Calories, 9g Fat, 6g Protein, 6g Total Carbohydrates*, 4g Dietary Fiber*. *Net Carbs per cookie 2 grams.

Note: Feel free to add a half a cup of chopped walnuts, too, to play up the similarity to brownies.

For over 1,300 low carb, sugar free & diabetic-friendly foods, please visit
www.CarbSmart.com