

## Berry Good Chocolate Chip Cookies

– by Paula Hendricks, Nutrition Consultant



While everyone else is overindulging with those sugary holiday treats, treat yourself to a Berry Good Cookie you don't have to feel guilty about. They taste great with morning coffee or after a healthy evening meal. Enjoy on any of the Key Diets.

### Ingredients:

- 1 cup Almond Meal or a 50/50 mix of Almond and Hazelnut Meal
- 1 ½ cups Berry Good Cereal (Lydia's Brand)
- One Whole Egg and 3 Egg Whites
- 1 ½ tsp. Baking Powder
- 4 Tbsp. Butter, softened
- ½ cup Non-Nutritive Sweetener (Splenda, Xyloweed, Truvia, Stevia)
- 2 tsp. Vanilla Extract
- ½ cup Chocolate Chips **\*If you are on the VLCD, eliminate chips\***

### Instructions:

1. Preheat oven to 350 degrees F.
2. In separate bowl, cream together the sweetener, butter, egg yolk, almond meal and vanilla.
3. In a separate bowl, mix together the Berry Good Cereal, baking powder and optional chocolate chips.
4. In a large bowl, with an electric mixer (or food processor), whip the egg whites until they are firm.
5. Slowly add the sugar mixture and mix until smooth.
6. Slowly add the cereal mixture until the batter is evenly moist.
7. Drop heaping teaspoon scoops onto non-stick cookie sheet.
8. Bake for about 12-14 minutes or until edges are golden brown.
9. Let cool on baking racks for cookies to become firm.

**Nutritional Analysis:** Each cookie with chocolate chips contains approximately 3 grams of protein, 3 grams of net carbs, 7 grams of fat and 90 calories. Without chocolate chips, 2 grams of protein, 1 gram of net carbs, 6 grams of fat and 70 calories. On the Key Diet, count one cookie without chips as a fat serving.