
Jello Cheesecake Cookies

1 net carb per cookie - 147 calories

Servings: 12



6 ozs cream cheese
4 tbsps unsalted butter, softened
8 drops liquid stevia (or equiv)
1 egg
1/2 tsp vanilla extract
1/4 tsp almond extract (optional)
1 pkg sugar-free Jello, any flavor
1/8 tsp sea salt
1/2 tsp baking powder
1 c almond flour (or half almond, half coconut flour)

Soften cream cheese and butter. Beat together with egg, sweetener and extracts.

Mix in salt and one 4 oz packet of sugar-free Jello (gelatin, pudding, custard, etc.)

Whisk baking powder into the almond flour. Add this dry mix slowly to the wet mix a few tablespoons at a time. Blend well using a fork to form a slightly sticky dough.

Wrap dough and place into the fridge until firm, 30 minutes minimum, up to 12 hours.

Roll dough into one inch balls and place on a prepared baking sheet. Leave about one inch between each cookie.

Use a fork, your thumb or the bottom of a glass to flatten the cookies. These do not spread during baking.

Thin, flat cookies are crispier, bake more quickly, and burn easily. Watch those last few minutes!

Bake 6-8 minutes at 325 F.

Remove from oven and allow to cool 3 minutes before moving to a cooling rack or equiv. Allow cookies to cool completely before serving or they will crumble.

Per Serving: 147 Calories; 14g Fat (84.9% calories from fat); 3g Protein; 2g Carbohydrate; 1g Dietary Fiber.