

Chocolate Shortbread

Ratio 2.3:1

Net CHO 0.5g/PRO 1.1/FAT 3.7/KCAL 35

57 servings – 8g portion

Ingredients

Unsalted butter, softened	120g
Monk fruit, pure	2g
Eggs, whole, whisked	100g
Vanilla extract	6g
Almond flour	20g
Cocoa powder, unsweetened	24g



Equipment needed: gram scale, small bowl, sheet pan, rubber spatula

1. Preheat oven to 350F.
2. Gather and weigh all ingredients.
3. Mix the butter and monk fruit together until the mixture is cohesive.
4. Add the egg to the sugar mixture and mix fully then add the vanilla and mix again.
5. Fold in the almond flour and cocoa powder then mix until a dough forms.
6. Scoop the dough into a 16g size ball or 8g and press the top of the dough with your fingers to flatten it slightly.
7. Bake for 10 minutes till the cookies are a light golden brown.



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