COOKIES, KETO COOKIES AND DIABETICS

Ingredients
¼ teaspoon baking soda
an egg
2 tablespoons erythritol sugar
4 tablespoons peanut butter
Keto cookies:
200 grams of chocolate
175 grams of flour (1 cup and 3/4)
Half a teaspoon of baking soda
1 tablespoon of cornstarch
pinch of salt
1 teaspoon liquid vanilla
1 egg
50 grams white sugar (one third of a cup)
100g brown sugar (3/4 cup brown sugar)
150 grams butter
cookies:

Directions
First we turn on the oven at 175 degrees. To prepare the cookies: In a bowl, put butter, brown sugar, sugar, then mix the ingredients well for 4 minutes to get a cohesive texture, then add the egg, liquid vanilla, then mix the ingredients again until the mixture mixes together, and then add the sea salt, Cornstarch, baking soda, all-purpose flour, then we mix all the ingredients until we get a cohesive texture, then add the chocolate pieces, then we mix all the ingredients until the dough is combined with the chocolate pieces, and then we form cookies, then put the cookies pieces in a tray Then we put them in the oven and leave them for about 12-14 minutes, and after the grilling stage we put them aside a little, then they are ready. To prepare keto cookies and diabetics: In a bowl, put sugar-free peanut butter, erythritol sugar, egg, baking soda, then mix all the ingredients until we get a cohesive texture, then add the chocolate pieces, mix with the dough, and then form the cookies and put Cut the cookies in the oven tray, then we put them in the oven and leave them for about 12-14 minutes, and after the grilling stage, we put them aside a little, then they are ready.

CHEF OMAR

Bon Apetit!