



## KETO GINGERBREAD PROTEIN COOKIES

Keto / Low-Carb / Sugar-Free

Recipe by @ghostingcarbs and featured on MariGoldBars.com

*"I love cookies. I mean, who doesn't!?!? And you can even add a little bit of protein. Instead of adding chocolate chips, I chopped up one @marigoldbars Gingerbread protein bar."*

- @ghostingcarbs

### INGREDIENTS:

- 1 cup almond flour
- 1 cup lupin flour
- 1 stick softened butter
- 3/4 cup brown sweetener (I used @swervesweetie)
- 1 egg
- 1 egg yolk
- 1/2 tsp baking powder
- 1/2 tap baking soda
- Pinch of salt
- Half tsp vanilla extract
- 3 tbsp macadamia nut milk
- 1 chopped MariGold Gingerbread Protein Bar



### DIRECTIONS

1. Combine both flours, baking powder, baking soda, and salt in a bowl.
2. In a stand mixer, mix butter and swerve. Add egg, yolk, milk and vanilla until combined.
3. Add dry ingredients and mix to combine.
4. And chopped bar bits until mixed in.
5. Line a baking sheet with parchment or a silicone mat and scoop out dough into 24 cookies.
6. Bake at 350 for 10 minutes!

Featuring MariGold  
Gingerbread Bar Protein Bar  
(MariGoldBars.com)



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