



## Chocolate Mocha Cookies

From [DiabeticKitchen.com](http://DiabeticKitchen.com)

Preparation Time: 10 minutes  
Cook Time: 7-8 minutes  
Inactive Cook Time: 2-3 minutes  
Yield: 24 cookies

### INGREDIENTS

2 ¼ cups blanched almond flour, sifted  
1 Tbl. Coconut Flour  
¼ cup Cocoa Powder  
2 tsp. Espresso Powder  
½ teaspoon Baking Soda  
½ teaspoon Celtic Sea Salt  
½ cup VitaFiber Syrup\*  
2 Tbl. Erythritol  
4 "tsp." Stevia Extract\*  
1/3 cup butter, melted  
1 Tbl. Vanilla Extract  
¾ cup Dark Chocolate Chips (73% or more)



### METHOD:

Preheat oven to 350 degrees. You will need two bowls. In a medium size bowl mix the first 6 ingredients (almond flour, coconut flour, cocoa powder, espresso powder, baking soda and salt). In a smaller bowl, mix the VitaFiber, Erythritol and Stevia extract. Mix until combined. Add melted butter and stir. The heat will help dissolve the Erythritol and stevia crystals. Then add the vanilla extract. Stir to combine. Add liquid mixture to dry ingredients. Stir to combine. Mix in chocolate chips.

Using a 1 TBL cookie scoop place on a Silpat or parchment lined baking sheet about 2 inches apart. You should get 12 on your baking sheet. Slightly pat down the top of the cookie so you don't have a dome cookie when they come out of the oven.

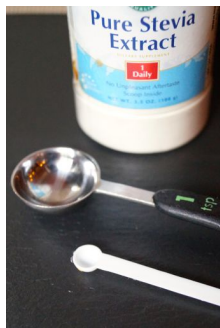
Bake for 7-8 minutes depending on your oven. Remove from oven and let cool slightly for 3 minutes on the baking sheet. Then remove to cookie rack.

Yield approximately 20-24 2-inch cookies.

### Nutritional Info

Servings Per Recipe: 24
Amount Per Serving
Calories: 113.6
Total Fat: 8.9 g
Cholesterol: 4.0 mg
Sodium: 68.9 mg
Total Carbs: 9.3 g
Dietary Fiber: 5.1 g
Protein: 2.8 g

### DK NOTES:



**Stevia Extract** is NOT the same as spoonable stevia. Spoonable stevia is a one to one substitute for sugar. Some brand names include Truvia. Stevia Extract teaspoon equivalent in a dash not a true teaspoon. There is always a measuring 'spoon' inside the jar of extract when you buy it. See the picture for the dramatic difference.

**VitaFiber** is a dietary fiber, a prebiotic and a low calorie sweetener. VitaFiber –IMO is a isomalto-oligosaccharide. It is 60% as sweet as sucrose and less flatulent (gas production), therefore better tolerated than other sweeteners. Some health benefits include reduced glycemic response, helps bolster the intestinal beneficial bacteria (probiotic) and improves overall digestive health.

Your recipe will only be as healthy as the ingredients that you put in it.

**KEYWORDS:** Dark chocolate, Chocolate, Cookie, Dessert, Sugar Free, Mocha, Almond Flour, Coconut Flour, VitaFiber Syrup



### **FOODS THAT HEAL IN THIS RECIPE:**

**Coconut** – This is a natural way to boost the sweetness of the recipes you're creating while adding a nice dose of flavor and healthy fats. Coconut contains medium chain triglycerides, which will have instant energizing effects on the body and assure that you feel great as you go throughout your day. It's also a heart-healthy form of dietary fat that will also strengthen the immune system and your glucose levels.

**Dark Chocolate** – Don't feel guilty. You can have chocolate everyday! Not a candy bar. One ounce will do it and keep your glucose in check. Studies show that dark chocolate has several health benefits and it is now considered a super food. Dark chocolate is rich in flavonoids. Flavonoids are known for their antioxidant activity. Dark chocolate helps fight free radicals and free radicals are responsible for aging and some diseases like cancer, heart disease and Alzheimer's.

**Stevia** - Stevia is one of the most natural sweeteners that you can use and makes no impact on glucose levels. This sweetener is much sweeter than regular sugar so you'll only need a very small amount by comparison purposes. If you are using real stevia (not spoonable stevia) it comes in a spice size jar and it will be the equivalent to approximately 10,000 teaspoons of sugar! Stevia also available in many different liquid flavor variations as well, so it can add taste plus sweetness depending on the variety that you use. Liquid stevia is great for recipes where it needs to dissolve like an iced beverage.



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**Adapted from:**

Old recipe in my file and Elena Pantry

**Nutritional Data:**

Spark People Recipe