

# KETO Caramel Thumbprint Cookies

Makes 50+ cookies

## Cookies:

1 $\frac{7}{8}$  cup Almond Flour  
   $\frac{5}{8}$  cup Coconut Flour  
   $\frac{1}{2}$  tsp. Baking Soda  
   $\frac{1}{4}$  tsp. Salt  
1 cup Butter (softened)  
2 Eggs  
 $\frac{3}{4}$  cup Swerve Sweetener (granulated)  
1 tsp. Vanilla Extract

## Equipment:

Melon Baller  
Insulated cookie sheet  
Parchment paper or Silicone mat  
Aluminum Foil

## Preheat oven to 325°F

1. Combine flours, baking soda and salt in a bowl.
2. Using a mixer or food processor, combine Swerve and butter until light and fluffy.
3. Add in eggs and vanilla until combined.
4. In batches, add in dry ingredients and mix until combined.
5. Shape dough into a disc and wrap in plastic wrap. Chill for an hour or more.
6. Use melon baller to school  $\frac{1}{2}$  balls and place on a parchment covered baking sheet.
7. Use a rounded tool to poke a hole in the middle of each cookie.
8. Bake 13-16 minutes until browned. Tent with foil in the last few minutes to prevent burning.
9. Allow to cool completely on cookie sheet (prevents crumbling).

10. Once cookies have cooled, spoon caramel sauce into each cookie. I did not salt these additionally, but if you want Salted Caramel cookies, sprinkle with coarse sea salt at this step.

### **Caramel Sauce:**

The caramel sauce is adapted only in amount from the original KETO Caramel Sauce recipe [here](#). It is lighter in color than traditional caramel filling in this cookie. Mine had a cooled consistency that reminded me of cinnamon bun icing. A wonderful compliment to the cookie, and not sticky, so cookies can be stored without the caramel making a mess.

1 cup Heavy Cream

1/3 cup Swerve Sweetener

2/3 tsp. Vanilla

1/6 tsp. Salt

Combine all ingredients in a small saucepan and bring to a boil (stir constantly) Lower heat and simmer (stirring often) until mixture is reduced to thick and golden brown. This took me a good 15 minutes.

Pour into a measuring cup or container with spout. While still warm and pourable, fill each cookie indentation or “well” but not to overflowing.

Left over caramel can be refrigerated for up to 2 months.

Cookie Recipe adapted from:

<https://addapinch.com/salted-caramel-thumbprints-cookies-recipe/>

Caramel Sauce Recipe:

<https://thebigmansworld.com/keto-caramel/>