



Long Livo

Fluffy Keto Cream Cheese Cookies

15 min

Prep time

12

Servings

12 min

Cook time

Easy

Difficulty

27 min

Total time

American

Cuisine

Ingredients

Cookie Dough

- ☐ 8 oz (225 g) full-fat cream cheese, softened
- ☐ 1/2 cup (115 g) unsalted butter, melted
- ☐ 1/3 cup (70 g) erythritol
- ☐ 1 tsp vanilla extract
- ☐ 1 tbsp lemon zest
- ☐ 1 cup (100 g) almond flour
- ☐ 3 large egg whites

Instructions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, whisk melted butter with erythritol until smooth, then blend in the softened cream cheese.
- 3 Stir in vanilla, lemon zest, and almond flour until just combined.
- 4 In a separate clean bowl, beat egg whites to stiff peaks; gently fold them into the batter, preserving the airy texture.
- 5 Spoon tablespoon-sized mounds onto the prepared sheet, space 2 inches apart, and bake for 10-12 minutes until edges are lightly golden.

Nutrition per serving

120 kcal

Calories

3 g

Protein

4 g

Carbs

10 g

Fat

Tips & notes

- If the batter feels too runny, chill for 5-10 minutes before scooping.
- A light dusting of powdered erythritol adds a decorative sparkle.
- For extra lemon flavor, add a few drops of lemon extract.