PALMER KIPPOLA
Transcend Autoimmune Conditions Naturally

5-Ingredient Keto Cardamom Cookies

(Egg, dairy, gluten, and sugar-free)

Ingredients:

2 cups ground organic nut flour (I use walnut/pecan blend)

½ cup birch (not corn) xylitol (can include 1 TBSP monk fruit)

6 TBSPs grass-fed ghee softened or melted

¼ tsp sea salt

1 TBSP organic cardamom powder

Instructions:

- Preheat oven to 350 degrees
- Line baking tray with parchment paper
- Mix all ingredients until moist
- Place a tsp of batter in nickel to quarter-sized shapes on tray and press down with you thumb or a fork (these don't melt/spread)
- Bake for 6 min
- Cool and store in freezer
- Serve cold so cookies don't crumble (no eggs remember :)

Enjoy and double the recipe next time!