

# Low Carb Chocolate Zucchini Cookies

“Need a new low-carb dessert? Try these healthy low carb chocolate zucchini cookies. They’re a delicious way to sneak in more veggies or use up garden produce.” Low Carb Chocolate Zucchini Cookies – You must try this recipe.

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× 30 m

× 12 Servings

× 140 cal

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## Ingredients

- 1 cup zucchini grated or shredded
  - 1 cup almond flour
  - 1/4 cup coconut flour
  - 1/4 cup cacao powder or unsweetened cocoa powder
  - 1/2 teaspoon baking soda
  - 1/2 teaspoon salt
  - 1/4 teaspoon cinnamon
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- 1/3 cup butter flavored coconut oil or ghee

- 1/2 cup golden low carb sweetener or raw honey for paleo
  - 1 large egg yolk
  - 1 teaspoon vanilla extract
  - 1/4 cup sugar free chocolate chips or dark chocolate pieces (optional)
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## **Directions**

1. Grate or shred zucchini. Wrap in a towel and squeeze out the excess liquid.
  2. Keep wrapped in towel to continue absorbing liquid.
  3. In small mixing bowl, combine almond flour, coconut flour, cacao powder, baking soda, salt, and cinnamon. Set aside.
  4. In large glass mixing bowl, melt the coconut oil or ghee. Whisk in the sweetener.
  5. Then whisk in the egg yolk and vanilla extract.
  6. Stir the zucchini into the sweetened mixture.
  7. Then stir in the dry ingredients.
  8. Fold in chocolate if using.
  9. Form dough into 1 tablespoon sized balls by rolling in hand. Flatten each ball out and top each with a few pieces of chocolate if desired.
  10. Bake at 350°F for 10-12 minutes or until browned.
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## **Note**

- Recipe makes approximately 2 dozen cookies with each serving being 2 cookies.

- When measuring the grated zucchini, it's pressed down gently but not tightly compacted.
  - We prefer using a mix of almond and coconut flours. However, all almond flour will likely work as well. For an all coconut flour cookies, other changes are needed.
  - The chocolate chips can be replaced with chopped nuts if desired.
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## Nutrition Facts

Per Serving: 140 calories; 13 g fat; 4.9 g carbohydrates; 2.9 g protein.

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Recipe by: **Kiro**, Photo Credit: **Catherine C. (flickr)**

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