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Keto Cinnamon Crunchies · ·

Keto Cinnamon Crunchies are a delicious low-carb and high-fat snack option. They are made with almond flour, coconut oil, and cinnamon, providing a crunchy texture and a sweet and spicy flavor. These crunchies are perfect for those following a ketogenic diet or looking for a healthy snack alternative.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

Recipe Yield: 200 grams

Number of Servings: 8

Serving Size: 25 g

Ingredients

200 g	Almond flour
50 g	Coconut oil
2 tsp	Cinnamon
1 tsp	Salt
50 g	erythritol

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a mixing bowl, combine almond flour, coconut oil, erythritol, cinnamon, and salt. Mix well until a dough-like consistency is formed.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Baking

Line a baking sheet with parchment paper. Take small portions of the dough and roll them into small balls. Place the balls on the baking sheet and flatten them with the back of a spoon.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

Bake in the preheated oven for 20-25 minutes or until the crunchies are golden brown and crispy.

Prep Time: 0 mins

Cook Time: 25 mins

Step 5

Cooling

Remove from the oven and let cool completely before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 160 kcal

Fat: 14 g

Protein: 5 g

Carbohydrates: 6 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fat	14 g	50%	56%
Saturated Fat	7 g	31.82%	41.18%
Monounsaturated Fat	5 g	N/A	N/A
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin D	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	2 mg	0.06%	0.08%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Nutritional Content

Low Carb

Course

Snacks

Cultural

Passover

Easter

Cost

Under \$10

Demographics

Diabetic Friendly

Heart Healthy

Diet

Ketogenic Diet

Low Carb, High Fat (LCHF) Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Ayurvedic Diet

Gluten-Free Diet

Low Sodium Diet

The Fast Metabolism Diet

The 80/10/10 Diet

The Werewolf Diet

The Anti-Candida Diet

Meal Type

Snack

Supper

Difficulty Level

Medium

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