

Keto No-Bake Caramel Cookies - Sweet, Nutty & Guilt-Free

Keto No-Bake Caramel Cookies: Sweet, Nutty & Low-Carb Delight



TIME
30 min

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ChefManiac

INGREDIENTS

- 8 tablespoons unsalted butter
- 1/3 cup Swerve brown sugar substitute
- 1/3 cup heavy whipping cream
- 1 cup pecan halves
- 1/3 to 1/2 cup unsweetened coconut flakes
- 1/8 cup keto-friendly chocolate chips
- Parchment paper (for shaping and chilling)

Ingredient Tips & Swaps:

Sweetener: Swerve Brown works great, but you can also use other keto-approved brown sugar alternatives like Lakanto Golden.

Coconut flakes: Choose unsweetened for true keto compliance-toast them for extra depth.

Chocolate chips: Use Lily's or ChocZero for no added sugar.

Nuts: Walnuts or chopped almonds can sub for pecans in a pinch.

How to Make Keto No-Bake Caramel Cookies:

1. Make the Caramel Base:
2. Mix In the Good Stuff:
3. Form the Cookies:
4. Add Chocolate:
5. Chill:

Tips for Cookie Success:

Don't rush the caramel stage. Let it bubble and thicken to get the best chewy texture.

Use parchment paper. Makes cleanup and removal super easy.

Cool slightly before forming. This prevents your cookies from spreading too much.

Batch it. This recipe makes 10-12 cookies, but easily doubles or triples.

What to Serve With These Cookies:

Edible Cookie Dough - perfect for a no-bake dessert duo

Brownie Batter Dip - a rich dip that pairs well with coconut flavors

No-Bake Peanut Butter Oatmeal Bars - for another snackable, freezer-friendly option

No-Bake Oreo Cream Pie - not keto, but a fun "cheat day" crowd-pleaser

Chocolate Chip Cookie Dough Brownie Bombs - rich, indulgent, and ideal for pairing on a dessert tray

Storage & Make-Ahead:

Fridge: Store in an airtight container for up to 7 days.

Freezer: Freeze for 1-2 months. Let thaw a few minutes before eating for perfect texture.

Travel tip: Keep in a small cooler if bringing to a party-they'll soften quickly at room temp.

More No-Bake Treats You'll Love:

This Brownie Batter Dip

DIRECTIONS

1. **Make the Caramel Base:** In a saucepan over medium heat, melt the butter. Whisk in the brown sugar substitute until fully dissolved. Add the heavy whipping cream and continue to whisk. Cook the mixture for about 10 minutes, stirring frequently, until it thickens and begins to froth.
2. **Mix In the Good Stuff:** Remove from heat and stir in the pecan halves and coconut flakes. Mix well to coat evenly. Let the mixture cool slightly-just a few minutes-to firm up a bit.
3. **Form the Cookies:** Use a large spoon to drop generous spoonfuls of the mixture onto a sheet of parchment paper. Don't worry if a little liquid seeps out-the cookies will set in the freezer.
4. **Add Chocolate:** Sprinkle each cookie with keto-friendly chocolate chips and gently press them in.
5. **Chill:** Freeze for 30-60 minutes until set and firm. Store leftovers in an airtight container in the fridge or freezer.
6. **Tips for Cookie Success:** Don't rush the caramel stage. Let it bubble and thicken to get the best chewy texture.
7. **Use parchment paper.** Makes cleanup and removal super easy.
8. **Cool slightly before forming.** This prevents your cookies from spreading too much.
9. **Batch it.** This recipe makes 10-12 cookies, but easily doubles or triples.
10. **What to Serve With These Cookies:** These keto bites are perfect with coffee, tea, or as a sweet topper to your dessert board. Want to mix and match? Try these:

11. Edible : Cookie Dough - perfect for a no-bake dessert duo
12. Brownie : Batter Dip - a rich dip that pairs well with coconut flavors
13. No-Bake : Peanut Butter Oatmeal Bars - for another snackable, freezer-friendly option
14. No-Bake : Oreo Cream Pie - not keto, but a fun "cheat day" crowd-pleaser
15. Chocolate : Chip Cookie Dough Brownie Bombs - rich, indulgent, and ideal for pairing on a dessert tray
16. Storage & Make-Ahead: Fridge: Store in an airtight container for up to 7 days.
17. Freezer: Freeze for 1-2 months. Let thaw a few minutes before eating for perfect texture.
18. Travel tip: Keep in a small cooler if bringing to a party-they'll soften quickly at room temp.
19. More No-Bake Treats You'll Love: This Brownie Batter Dip
20. Edible : Cookie Dough
21. No-Bake : Peanut Butter Oatmeal Bars
22. Final Thoughts: These Keto No-Bake Caramel Cookies prove that you don't have to sacrifice flavor to stay low-carb. They're sweet, crunchy, creamy, and deeply satisfying-no oven, no guilt.
23. ? Tried them? Tag @chefmaniac to show off your keto cookie creations! And don't forget to follow for more no-bake genius, sugar-free treats, and snackable keto cravings.

SWAPS & NOTES

of caramel and just the right balance of salt and crunch.

They also store beautifully, making them a go-to for prepping ahead, snacking, or even giving as gifts to your keto-loving friends.

Ingredients 8 tablespoons unsalted butter 1 cup pecan halves
Parchment paper (for shaping and chilling) Ingredient Tips & Swaps Sweetener: Swerve Brown works great, but you can also use other keto-approved brown sugar alternatives like Lakanto Golden.

Coconut flakes: Choose unsweetened for true keto compliance-toast them for extra depth.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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