

Easy Keto Caramel Pecan Cookies: A No-Bake Low Carb Dessert

Keto No-Bake Caramel Cookies: The Ultimate Low-Carb Sweet Treat



TIME
10 min

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INGREDIENTS

Unsalted Butter (8T): Provides the rich, fatty base for our caramel.

Swerve Brown Sugar Substitute (1/3 cup): This is essential for that deep, molasses-like caramel flavor.

Heavy Whipping Cream (1/3 cup): Thickens the sauce into a fudge-like consistency.

Pecan Halves (1 cup): Adds a wonderful crunch and healthy fats.

Unsweetened Coconut Flakes (1/3 - 1/2 cup): Acts as the "binder" to give the cookies structure.

Keto-Friendly Chocolate Chips (1/8 cup): For that final touch of cocoa sweetness.

DIRECTIONS

1. Prepare : Your Surface: Line a large baking sheet with parchment paper. This is crucial because the caramel is very sticky before it freezes.
2. Melt the : Butter: Place the 8 tablespoons of unsalted butter into a medium saucepan over medium heat. Let it melt completely until it begins to bubble slightly.
3. Create the : Caramel Base: Whisk in the Swerve Brown sugar substitute. Continue whisking until the granules have completely dissolved into the butter.
4. Add the : Cream: Pour in the heavy whipping cream. Stir constantly until the mixture is a uniform golden color.
5. The : Reduction Phase: Cook the mixture for about 10 minutes, stirring frequently. You want it to "froth up" and thicken significantly. This step is what ensures your cookies won't stay liquid.
6. Fold in : Texture: Remove the pan from the heat. Immediately stir in the pecan halves and coconut flakes. Mix until every piece of nut and coconut is coated in the caramel. Let the mixture sit for 3-5 minutes to cool slightly.
7. Scoop and : Drop: Using a large spoon or a cookie scoop, drop mounds of the mixture onto the parchment paper. Don't worry if a little extra liquid pools at the bottom-it will create a delicious "lace" around the cookie.
8. The : Topping: Sprinkle a few keto-friendly chocolate chips onto each warm cookie, pressing down lightly so they stick.
9. The : Deep Freeze: Place the tray in the freezer for 30 to 60 minutes. Once they are rock hard, they are

ready to enjoy!

SWAPS & NOTES

The Sweetener: While I recommend Swerve Brown, you can use Lakanto Golden or any erythritol/monk fruit blend that mimics brown sugar.

Avoid liquid sweeteners as they won't help the cookies set.

Nut Alternatives: If you aren't a fan of pecans, walnuts or slivered almonds work beautifully.

Dairy-Free Option: You can attempt this with coconut cream and vegan butter, though the setting time in the freezer may need to be longer.

TIPS FOR SUCCESS

Don't Rush the Simmer: The 10-minute simmer is what evaporates the water from the cream and butter.

If you stop too early, the cookies will be runny.

Use a Whisk: To prevent the sweetener from clumping or burning, a whisk is much more effective than a spoon during the boiling phase.

Watch the Heat: If the mixture starts to smell like it's burning, turn the heat down to medium-low.

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

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