



Hip 2 Keto

20

Keto/Low Carb Recipes



Pictured above are Collin Morgan, owner of Hip2Keto, and Lina Darnell, Hip2Keto's DIY & Recipe Content Creator!

Keto Recipe eBook

“ Eating a Keto lifestyle just got a little easier! Here's a collection of our 20 most popular, family-friendly, Keto recipes that are both easy to make and delicious to eat! We're confident you'll be able to recreate these delicious meals for your family to enjoy in a flash.





“I have been following a Ketogenic diet for over a year, and am loving how I feel eating this way. I know it’s not for everyone, but for me it has been life-changing. I have lost 58 pounds so far and feel better than I ever have before. Of course, always check with your doctor before starting a new way of eating to make sure it’s a good fit for you.”

– Michelle Peterson, Hip2Save’s very own Business Director!



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“Fat Head” Low Carb Pizza Crust

Makes 8 servings | **Nutritional Information per serving:**

161.3 Calories | 13.3g Fat | 3g Total Carbs | 1.2g Fiber | 0.9g Sugar | 8.5g Protein | 1.8g Net Carbs

Ingredients:

- 3/4 cup almond meal/flour
- 1 & 3/4 cups mozzarella cheese, shredded
- 2 tablespoons cream cheese
- 1 egg
- Pinch of salt
- 1/2 teaspoon Italian seasoning
- Desired pizza toppings (tomato paste or sauce, mozzarella cheese, pepperoni, mushrooms, bell peppers, etc.)

Directions:

1. Combine almond flour and mozzarella cheese in a microwave safe bowl. Add in cream cheese and cook for one minute. Stir, and cook for additional 30 seconds in microwave.
2. Mix in egg, salt, and Italian seasoning, and stir.
3. Shape dough into a ball and place between two pieces of parchment paper.
4. Use a rolling pin on top of parchment paper to roll dough in a circular shape. (Mine was more of an oval.)
5. Remove the top parchment paper and slide dough onto a baking sheet or pizza stone. Bake at 425 degrees in the oven for 12-14 minutes until slightly browned.
6. Add any desired pizza toppings and sauce you'd like to the top of the crust. (Keep in mind, if using raw meat you'd want to cook it first before putting on pizza.) Continue cooking in oven for 5 minutes until cheese melts.

“This pizza crust is soooo good! I think it’s so much better than regular pizza crust. Thank you so much for sharing this recipe. It’s the bomb!” -**Angela**

Additional Notes:

- I diced bell peppers, and mushrooms and sauteed them first on the stove before topping my pizza, but that’s just personal preference.
- I’ve read that you can substitute 1/4 cup of coconut flour instead of almond flour, but haven’t tried it yet.
- Next time I may try flipping pizza crust over half way through baking for a more evenly cooked crust.
- You can divide pastry and make smaller personalized pizzas!
- This pastry would make delicious “garlic bread”!

Recipe adapted from [DitchtheCarbs.com](https://ditchthecarbs.com)



Low Carb Olive Garden Zuppa Toscana

Makes 6 servings | **Nutritional Information per serving:**

450 Calories | 37.2g Fat | 10.8g Total Carbs | 2.7g Fiber | 5.3g Sugar | 19.3g Protein | 8g Net Carbs

Ingredients:

- 1 lb Italian sausage (I used Mild)
- 1 onion, chopped
- 3 cloves of garlic, minced
- 1/2 teaspoon red pepper flakes
- 1/4 teaspoon black pepper
- 1/2 teaspoon salt
- 1 head of cauliflower, cut into florets
- 16 oz. chicken broth
- 1 quart water
- 1 teaspoon bouillon (if desired for extra flavor)
- 3 cups kale or Swiss chard, chopped
- 1 cup heavy cream

Directions:

1. In a soup pot on the stove, crumble and brown sausage over medium-high heat.
2. Add onion and garlic and cook until translucent in color. Season with salt, pepper, and red pepper flakes.
3. Reduce heat to medium and add cauliflower florets, broth, and water. Stir and add Bouillon, if desired.
4. Cook on medium heat until cauliflower is tender, about 15-20 minutes.
5. Reduce heat to low and sprinkle in chopped kale. Pour in cream and stir well. Serve hot.

Additional Notes:

- If you wanted to make this in your slow cooker, brown the meat with onions and garlic, then place inside the slow cooker along with the broth and cauliflower. Cover and cook on HIGH for 4 hours or LOW for 6-8 hours. Stir in kale and cream at the end. Serve hot.

Recipe adapted from [Food.com](https://www.food.com)



Low Carb “Fathead” Pigs in a Blanket

Makes 8 servings | **Nutritional Information per serving:**
331.3 Calories | 27.3g Fat | 5g Total Carbs | 1.2g Fiber | 1.9g Sugar | 16.5g Protein | 3.8g Net Carbs

Ingredients:

- “Fathead” Pizza Dough*
[*click here for recipe](#)
- 1 package of 8 hot dogs
- Optional sesame seeds or poppy seeds

Directions:

1. Separate dough into 8 sections, and roll into balls.
2. Using your hand, flatten and roll each piece of dough around a hot dog.
3. Roll in sesame seeds (if desired). Place on a parchment covered baking pan seam side down.
4. Bake in the oven at 425 degrees for about 14-17 minutes until dough is cooked and slightly brown.



Additional Notes:

Recipe adapted from DitchtheCarbs.com



Low Carb Taco Shells

Makes 4 servings | **Nutritional Information per serving:**
219.5 Calories | 18g Fat | 1.1g Total Carbs | 0g Fiber | .3g Sugar | 13.4g Protein | 1.1g Net Carbs

Ingredients:

- 2 cups shredded cheese (I used a Mexican Blend)

Directions:

1. Line a large baking sheet with parchment paper.
2. Pile 1/2 cup of shredded cheese into a 6 inch circle.
3. Bake at 400 degrees until cheese turns slightly brown, around 6-8 minutes (possibly more depending how much cheese you're using).
4. Build a little platform using large cups and lay spoons or chopsticks across the cups.
5. Use a spatula to transfer the cheese to lay across the suspended spoons.
6. Let cool until firm.
7. Fill with taco meat and toppings! YUM!





Chicken & Pesto with Zucchini Noodles

Makes 6 servings | **Nutritional Information per serving:**

346.5 Calories | 26.9g Fat | 7.1g Total Carbs | 2.5g Fiber | 4.4g Sugar | 22.6g Protein | 4.5g Net Carbs

Ingredients:

For the noodles:

- 2 large chicken breasts – grilled
- 5 zucchinis – sliced into noodles
- 1 teaspoon olive oil
- Salt & pepper to taste

For the non-dairy pesto:

recipe via Food52.com

- 1/2 cup olive oil
- 2 cups basil leaves
- 2 oz. pine nuts, walnuts, or shelled pistachios
- 1 tablespoon lemon juice
- 1 clove garlic
- Salt & pepper to taste

Directions:

1. Combine pesto ingredients in a food processor or high powered blender and pulse until mixture is coarsely ground. Makes about 1 cup prepared pesto.
2. Shred zucchini into noodles and sauté in a pan with olive oil on the stove for just a few minutes. Be careful not to overcook.
3. Combine pesto with noodles.
4. Top with sliced grilled chicken. I like to use a cast iron grill pan on the stove for convenience when grilling chicken indoors.





Bacon Wrapped Brussels Sprouts

Makes 4 servings | **Nutritional Information per serving:**

109.8 Calories | 6.4g Fat | 6.3g Total Carbs | 2.2g Fiber | 1.6g Sugar | 7.9g Protein | 4g Net Carbs

Ingredients:

- 8 Slices of Bacon
- 16 Brussels Sprouts
- Toothpicks
- Salt & Pepper to taste

Directions:

1. Trim, wash and dry Brussels sprouts. Cut bacon slices in half.
2. Line a rimmed baking sheet pan with foil. Wrap bacon around Brussels sprouts and secure with a toothpick. Place on baking sheet. Salt & pepper as desired.
3. Bake at 375 degrees in the oven for about 30 minutes until bacon is cooked with desired crispness.





Can of Tuna Ceviche

Makes 2 servings | **Nutritional Information per serving:**
221.8 Calories | 9.4g Fat | 9.5g Total Carbs | 3.4g Fiber | 3.3g Sugar | 24.9g Protein | 6.1 Net Carbs

Ingredients:

- 7 oz. canned albacore tuna in water, drained
- 1/2 avocado, sliced
- Handful of small salad tomatoes, chopped
- 2 tablespoons cilantro, chopped
- 2 tablespoons purple onion, chopped
- 1 jalapeno, seeded, chopped
- Juice of one lime
- 1/2 teaspoon olive oil
- 1/8 teaspoon ground cumin
- Salt & pepper to taste

Directions:

1. Chop and combine ingredients in a medium bowl. Serve with lettuce pieces if desired.



Additional Notes:

Recipe adapted from [Skinnytaste.com](https://www.skinnytaste.com)



Buffalo Chicken Zucchini Boats

Makes 4 servings | **Nutritional Information per serving:**

347.6 Calories | 20g Fat | 8.1g Total Carbs | 2g Fiber | 4.9g Sugar | 35.8g Protein | 6g Net Carbs

Ingredients:

- 1 pound ground chicken or ground turkey
- 1/2 cup [buffalo chicken wing sauce](#)
- 4 medium sized zucchini
- 1/2 cup Italian blend cheese, shredded

Optional toppings: bleu cheese crumbles & chopped green onions

Directions:

1. Crumble and cook ground meat on the stove. Stir in wing sauce and set aside.
2. Cut zucchini in half lengthwise and scoop out the center. (A melon baller kitchen tool works well for this.) Place zucchini on a baking sheet or dish.
3. Spoon ground meat into the middle of zucchini halves, and sprinkle shredded cheese evenly over the top of each half.
4. Cover pan with foil and bake at 400 degrees for about 30 minutes, or until zucchini is tender.
5. Top with sliced green onion and crumbled bleu cheese, if desired.



Additional Notes:

Recipe adapted from [WholesomeDish.com](#)



Egg Roll in a Bowl

Makes 4 servings | **Nutritional Information per serving:**
432.4 Calories | 28g Fat | 13.2g Total Carbs | 3.5g Fiber | 6.9g Sugar | 34.4 Protein | 9.2g Net Carbs

Ingredients:

- 1 pound ground pork (you could also sub with ground turkey, ground beef etc.)
- 1/2 white onion, sliced
- 4 cloves garlic, minced
- 1 tablespoon ginger, minced
- 1 tablespoon coconut aminos or tamari
- 5 cups of cabbage, shredded, or spiralized (or one bag of coleslaw mix approx. 12-14 oz.)
- 8 oz. mushrooms, sliced
- 1 tablespoon sesame oil
- 1/4 cup chopped green onion
- toasted sesame seeds (optional)
- salt & pepper

Directions:

1. Cook ground pork with sliced white onion, garlic, ginger, and coconut aminos in a large skillet over medium heat, making sure meat is crumbled and cooked through. Do not drain.
2. Add cabbage and mushrooms, and stir until softened. This should take about 10 minutes. Season with salt and pepper to taste.
3. Remove from heat, stir in sesame oil, and top with green onions. Sprinkle with toasted sesame seeds if desired and serve.



Additional Notes:

I used my [Spiralizer Vegetable Slicer](#) to slice the cabbage, which made it easy. You could also shred using a cheese grater or knife to thinly chop if desired. To make the recipe even faster, you could also substitute with prepackaged coleslaw mix.

Recipe adapted from [Bunsinmyoven.com](#)



Low Carb Baked Ham & Cheese Cups

Makes 12 servings | **Nutritional Information per serving:**
124.9 Calories | 8.3g Fat | 1.8g Total Carbs | .2g Fiber | 1.1g Sugar | 10.2g Protein | 1.6g Net Carbs

Ingredients:

- 10 large eggs
- 12 slices of deli ham
- 1/2 cup cheddar cheese, shredded
- 1 and 1/2 cups diced veggies (I used bell peppers, red onion, and green onion)
- Non-stick spray

Directions:

1. Spray muffin tin with nonstick spray.
2. Place a piece of ham in bottom of each cup. Add a little shredded cheese to each cup. Whisk eggs together and pour into each cup.
3. Chop and sautee veggies for a few minutes with a small amount of olive oil and add salt & pepper to taste. Add a little of the veggies to the top each cup.
4. Bake at 400 degrees for about 15 minutes until eggs are set.
5. Makes 12 individual sized cups





Italian Sausage & Veggies Sheet Pan Meal

Makes 4 servings | **Nutritional Information per serving:**

458.3 Calories | 39.2g Fat | 8.8 Total Carbs | 2.8g Fiber | 3.4g Sugar | 18.2g Protein | 5.9 Net Carbs

Ingredients:

- 1 lb. Italian sausage (uncooked, in casings)
- 2 bell peppers, thickly sliced (use whichever colors desired)
- 1 white onion, thickly sliced
- 1/2 cup cherry tomatoes
- 5 oz. brussels sprouts, trimmed
- 1 tbsp. olive oil
- 1/2 tsp. cajun seasoning
- Salt & pepper to taste

Directions:

1. Line a sheet pan with parchment paper.
2. Cut sausage in fourths and place on pan with cut veggies.
3. Toss with olive oil and season.
4. Bake at 425 degrees for about 30-35 minutes until sausage is cooked through.





Slow Cooker Cream Cheese Chicken

Makes 6 servings | **Nutritional Information per serving:**
550.5 Calories | 31.1g Fat | 10g Total Carbs | 3.1g Fiber | 5g Sugar | 56.1g Protein | 6.9g Net Carbs

Ingredients:

- 2 lb. chicken breast meat
- 1- 0.6 oz. packet zesty italian seasoning
- 8 oz. cream cheese, plain
- 8 oz. cream cheese, onion & chive flavor
- 4 bacon slices, cooked, crumbled
- 4 cups cauliflower, riced (or desired amount for serving)
- 8 oz. broccoli, chopped
- Shredded parmesan cheese (optional topping)

Directions:

1. Place raw chicken, cream cheese, and seasoning packet into a slow cooker.
2. Cover, and cook on HIGH for about 3- 4 hours or LOW for 6-8 until chicken is tender and can be shredded. (Mine was done at 3.5 hours on HIGH.)
3. 15 minutes before serving, add broccoli to slow cooker.
4. Fry bacon in a skillet on the stove, drain, and set aside.
5. Place riced cauliflower in skillet with a tiny amount of bacon grease and cook for a few minutes on medium heat until tender.
6. Shred chicken, stir sauce, and serve on top of cauliflower rice with crumbled bacon and Parmesan cheese, if desired.



Additional Notes:

If sauce becomes too thick, just stir in a little cream or milk to thin.



Slow Cooker Low Carb Cabbage Roll Soup

Makes 8 servings | **Nutritional Information per serving:**

253.5 Calories | 11.6g Fat | 15.5g Total Carbs | 5.5g Fiber | 7.6g Sugar | 20.7g Protein | 9.9g Net Carbs

Ingredients:

- 2 tbsp olive oil
- 4 cloves garlic, minced
- 1/2 white onion, chopped
- 1 lb ground beef
- 4 cups beef stock
- 1 tsp Italian seasoning
- 1 tsp smoked paprika
- 2 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt
- 1/2 tsp black pepper
- 2- 14.5 oz cans diced tomatoes, drained
- 6 oz. can tomato paste
- 3 tbsp fresh parsley, chopped
- 1 head cabbage, halved and sliced
- 3 cups riced cauliflower, frozen

Directions:

1. Heat olive oil inside a skillet on the stove with onion and garlic, and cook until onion is translucent.
2. Add ground meat, cook and drain excess grease, and transfer to slow cooker.
3. Add broth, diced tomatoes, tomato paste, spices, parsley, cabbage, and riced cauliflower.
4. Cover and cook in slow cooker on LOW for 3-4 hours, or HIGH for 6 hours.



Additional Notes:

Alternatively, simmer in a pot on the stove for 30-40 minutes instead of slow cooker.



Zucchini Pizza Casserole

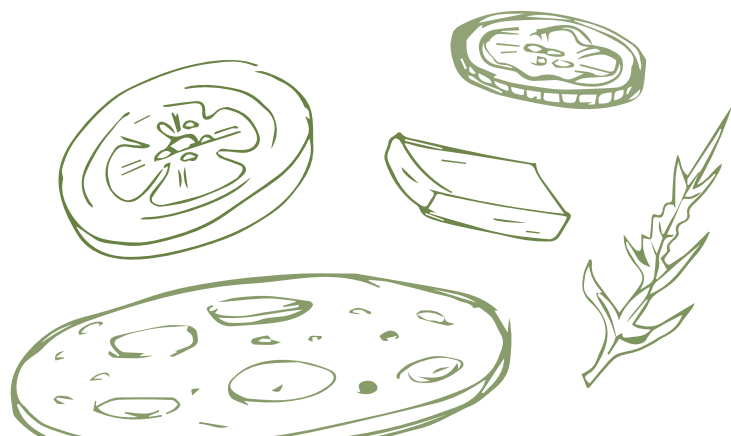
Makes 8 servings | **Nutritional Information per serving:**
342.4 Calories | 24.5g Fat | 5.8g Total Carbs | 1g Fiber | 3g Sugar | 24.5g Protein | 4.7g Net Carbs

Ingredients:

- 4 cups zucchini, shredded (about 3 medium sized zucchini)
- 1/4 tsp. Salt
- 1/2 cup parmesan cheese, grated
- 2 eggs
- 1 tsp. Italian seasoning
- 1/2 tsp. garlic powder
- 1 and 1/2 cups mozzarella cheese, shredded
- 1 lb. ground beef
- 1 cup marinara sauce
- 1/2 white onion, chopped
- 2 tbsp. olive oil
- 20 pepperoni slices (about 1 oz.)
- 1- 2.25 oz. Can black olives, sliced

Directions:

1. Shred zucchini with a box shredder and place in a strainer or colander with salt. Press down to drain as much water as possible. Let sit for 10 minutes.
2. Mix zucchini with eggs, parmesan cheese, garlic powder, italian seasoning, and half of the mozzarella cheese.
3. Press into a greased 13×9-in baking dish.
4. Bake uncovered into the oven for 20 minutes at 400 degrees.
5. In a skillet, sauté onion with olive oil and brown ground beef until no longer pink. Drain meat if necessary.
6. Mix marinara sauce with cooked ground beef, and spoon over the zucchini mixture.
7. Sprinkle the remaining mozzarella cheese over the meat.
8. Top with pepperoni and olives.
9. Place back into the oven for another 15-20 minutes until cheese is melted.





Green Chile Chicken Cabbage Enchiladas

Makes 7 servings | **Nutritional Information per serving:**

265.1 Calories | 14.5g Fat | 10.4 Total Carbs | 3.5g Fiber | 5.9g Sugar | 23.7g Protein | 6.9g Net Carbs

Ingredients:

- 1 head of cabbage
- about 3 cups of shredded chicken (I used part of a rotisserie chicken)
- 1 cup chicken broth
- 1 cup sour cream
- 2 (7 ounce) cans of chopped green chiles
- Handful of fresh cilantro
- Salt & pepper (to taste)
- 1/2 teaspoon cumin
- 4 green onions, chopped
- shredded cheese (optional)

Directions:

Sauce:

1. Add the chicken broth to a saucepan over medium heat.
2. Bring to a boil, then lower the heat and mix in the sour cream and green chiles.
3. Heat thoroughly but do not boil and make sure to stir often.
4. Let simmer for just a bit and the sauce should thicken.
5. Season with salt and pepper. My sauce wasn't as thick as we like it so I ended up whisking in about 1/2 teaspoon cornstarch to thicken (keep this in mind to adjust to your preference).

Enchiladas:

1. Bring a large pot of salted water to a boil.
2. Peel the cabbage leaves – make sure to peel them gently, as you don't want them to tear. I ran the cabbage under warm water as I was peeling and this helped quite a bit.
3. Throw the cabbage leaves into the pot of boiling water for a couple of minutes. Remove and set on a paper towel to dry.

“I just made this tonight for Cinco de Mayo and everyone loved it! So good!”



Keto Buffalo Chicken Soup

Makes 8 servings | **Nutritional Information per serving:**

636.9 Calories | 49.2g Fat | 8g Total Carbs | .4g Fiber | 5.9g Sugar | 39.8g Protein | 7.4g Net Carbs

Ingredients:

- 2 tablespoons butter
- 4 celery stalks, chopped
- 1/2 of an onion, chopped
- 3 garlic cloves, chopped
- 6 cups chicken broth
- 2 tablespoons [ranch dressing mix](#)
- 2/3 cup hot sauce
- 1 cooked rotisserie chicken, shredded
- 3 cups cheddar cheese
- 2 cups heavy cream
- Blue Cheese for topping if desired

Directions:

1. Saute celery, onion, and garlic, with butter on the stove until tender and translucent.
2. In a stockpot, add chicken broth, sauteed veggies, ranch dressing mix, hot sauce, and shredded chicken. Let simmer on the stove for about 15 minutes.
3. Reduce heat and add cheese and cream before serving. Stir to combine.
4. Serve with crumbled blue cheese, if desired.

"I stumbled upon this tonight and immediately had my husband run out to the store. And I'm so glad I did! This really hit the spot on this cold Minnesota day!" - **Shannon**

Additional Notes:

Recipe adapted from HealthStartsintheKitchen.com



Easy Keto Meatballs

Makes 8 servings | **Nutritional Information per serving:**
295.8 Calories | 19.1g Fat | 2.7g Total Carbs | 1.2g Fiber | 1g Sugar | 27.6g Protein | 1.5g Net Carbs

Ingredients:

- 1.5 pounds ground beef
- 1/2 a fresh onion, chopped
- 3 tablespoons fresh chopped parsley
- 3/4 cup grated parmigiano-reggiano cheese
- 1/2 cup [almond flour](#)
- 2 eggs
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon garlic powder
- 1/4 teaspoon dried oregano
- 1/2 cup warm water

Directions:

1. In a mixing bowl, combine ground meat and the rest of the listed ingredients. (I like to use a potato masher.)
2. Roll two inch sized meatballs and place them on a baking pan. (Should yield about 15 meatballs.)
3. Bake in the oven at 350 degrees for 20 minutes.
4. Take meatballs out of the oven and spoon about a tablespoon of [homemade Keto Marinara Sauce](#), or a sugar-free canned sauce over the meatballs. Sprinkle a small amount of mozzarella cheese over each meatball.
5. Put meatballs back in the oven for 15-20 minutes to melt cheese.
6. Serve over roasted spaghetti squash.

“Made them last night and they were great. They were just as good as left overs.” - **Gigi**

Additional Notes:

Recipe adapted from [IBreathelmHungry.com](#)



Cauliflower Fried Rice

Makes 6 servings | **Nutritional Information per serving:**

146.3 Calories | 5.5g Fat | 7.5g Total Carbs | 2.9g Fiber | 3.3g Sugar | 17.2g Protein | 4.5g Net Carbs

Ingredients:

- 2 eggs, lightly beaten
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 teaspoon ginger, minced
- 2 teaspoons coconut oil
- 1/2 cup chopped asparagus
- 1 cup green beans, peas and carrots, frozen -or- other veggies of your choice if you are trying to lower the carb count further
- 16 oz. bag of riced cauliflower -or- one medium sized head of cauliflower riced using food processor or cheese grater
- 2 tablespoons less sodium soy sauce or [Tamari](#)
- 1 and 1/2 tablespoons sesame oil
- 2 chicken breasts, cooked
- 3 green onions, sliced

Directions:

1. Heat a wok or large skillet over medium-high heat. Add 1/4 teaspoon of sesame oil. Add the eggs and quickly cook. Transfer the eggs to a cutting board, chop and set aside.
2. Add coconut oil or canola oil to the skillet. Saute onion, garlic, ginger, & asparagus for a couple minutes, stirring constantly.
3. Add the peas and carrots, and cauliflower to skillet and stir-fry until the veggies are tender.
4. Stir the soy sauce and sesame oil into the mixture and also add chopped chicken.
5. Add the egg back into the mixture, and stir well. Taste and add more soy sauce or sesame oil, if desired.
6. Serve with chopped green onion.



Additional Notes:

Recipe adapted from [FoodNetwork.com](#)



Makes 6 servings | **Nutritional Information per serving:**
400.4 Calories | 34.6g Fat | 4.9g Total Carbs | 1.8g Fiber | 1.7g Sugar | 18.8g Protein | 3g Net Carbs

Ingredients:

- Low Carb “Fathead” Dough*
*[*click here for recipe](#)*
- 6 breakfast sausage patties, cooked
- 1/2 cup diced veggies, sauteed
- 1/2 cup cheese, shredded

Directions:

1. Make dough according to [these directions](#).
2. Brown sausage patties on the stove until fully cooked and saute diced veggies, if desired.
3. Grease a large muffin pan.
4. Separate dough into 6 balls, and use your hands to flatten.
5. Place a sausage patty on top of the flattened dough and place both into muffin tin so that the dough surrounds the sausage patty. Add some veggies and additional shredded cheese if desired to the top.
6. Repeat to fill all 6 muffins. Bake at 400 degrees for about 12-15 minutes until golden brown.



Additional Notes:

Recipe adapted from HowToDoThisAndThat.com



3-Ingredient Low Carb Peanut Butter Cookies

Makes 12 servings | **Nutritional Information per serving:**
144 Calories | 11.8g Fat | 12.7g Total Carbs | 2g Fiber | 8g Sugar Alcohols | 5.9g Protein | 2.7g Net Carbs

Ingredients:

- 1 cup [peanut butter](#)
- 1 egg
- 1/2 cup [erythritol natural sweetener](#)

Directions:

1. Combine all three ingredients in a mixing bowl.
2. Roll out 15 one-inch sized cookies onto a parchment paper covered baking sheet or [silicone mat](#).
3. Use a fork to press down on the tops of cookies.
4. Bake at 350 degrees for about 10-13 minutes.
5. Let cool and serve. Store leftovers in a covered container.



Additional Notes:

Recipe adapted from [Tasteaholics.com](https://www.tasteaholics.com)