Sugar free cookies! Completely calorie free! OK so they're not exactly *edible* but you can't have everything.

You will need:

brown yarn in two shades (double knit)

4 x double ended knitting needles (3mm) • tapestry needle • scissors

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Pattern:

Cast on 4 stitches, divide between three needles and join into the round (see *Notes* for abbreviations).

Round 1: kfb x 4 (8)
Round 2: kfb x 4, k4 (12)
Round 3: k8, kfb x 4 (16)
Round 4: k2, kfb x 4, k10 (20)
Round 5: k10, kfb x 4, k6 (24)
Round 6: k6, kfb x 4, k14 (28)
Round 7: k22, kfb x 4, k2 (32)
Round 8: k12, kfb x 4, k16 (36)
Round 9: k2, kfb x 4, k30 (40)
Rounds 10 & 11: k –
Round 12: [p2tog, p3] x 8 (32)
Round 13: p –

Round 14: [p2, p2tog] x 8 (24)
Round 15: p –
Round 16: [p2tog, p1] x 8 (16)
Round 17: p –

Make sure the cookie is turned inside out before the final rows. The part you are working on now is the base and should show as right side stocking stitch.

Round 18: p2tog x 8 (8)
Round 19: p –

Thread yarn through remaining stitches and pull tight.

Making Up:

Flatten the cookie and tack the top and base together, through the centre, to keep it flat. Use yarn in a contrasting colour to embroider chocolate chips on the top part of the cookie. Use a few overlapping stitches for each one and don't worry about being too neat or uniform.

Notes:

Needle/Yarn Size

As with most ODDknit patterns the yarn and needle sizes in the "you will need" section are just a guide. Feel free to improvise with whatever needles and yarn you have lying around - that's half the fun!

Abbreviations

[ ] x number	Repeat the section in square brackets the required number of times.
(number)	Gives the total number of stitches you should have on needle by the end of the row.
k number	Knit this number of stitches.
k –	Knit every stitch to the end of the row.
kfb	Knit into the front and then the back of a single stitch (+1 stitch).
p number	Purl this number of stitches.
p –	Purl every stitch to the end of the row.
p2tog	Purl the next two stitches together (-1 stitch).