

Healthy Peanut Butter Cookies

www.theconsciousplantkitchen.com

Healthy Peanut Butter Cookies are easy 4-ingredient vegan peanut butter cookies with almond flour

Prep Time
10 mins

Cook Time
15 mins

Total Time
25 mins

Course: Dessert, Snack Cuisine: American, English Diet: Vegan, Vegetarian

Keyword: healthy peanut butter cookies, vegan cookies, vegan snack Servings: 12 cookies

Calories: 118kcal Author: Carine

Ingredients

- 1/2 cup Peanut butter smooth, fresh, no added sugar, no added oil
- 1/4 cup Maple syrup or brown rice syrup for low fructose, low sugar or monk fruit syrup for keto
- 1/2 cup Almond flour or oat flour or all-purpose flour
- 1/4 cup Coconut flour or all-purpose flour

Optional add-ons

- 1/3 cup Vegan dark chocolate chips
- 1/4 teaspoon Salt

Instructions

1. In a medium mixing bowl, stir in fresh peanut butter with maple syrup until creamy and consistent.
2. Stir in almond flour and coconut flour. Use a spoon at first, then knead the dough with your hands to form a cookie dough ball.
3. Divide the ball into 12 small cookie balls and place each ball onto the prepared cookie sheet, leaving 1 thumb space between each ball. The cookies don't expand while baking.
4. Preheat oven to 180°C (350°F). Line a cookie sheet with parchment paper. Set aside.
5. Use a fork to gently press each cookie ball into a thick disk. I recommend pressing two times, forming a cross on top of each cookie. Don't press too hard, or the cookies crumble on the sides. If so, use your hands to smoothen the sides.
6. Bake for 12-15 minutes or until the cookies' top and sides are golden-brown.
7. Slide a spatula under each cookie to transfer them onto a cooling rack.
8. Cool for 1 hour before eating. The cookies are slightly soft when out of the oven and get hard and crunchy after they cool down.

Notes

Sweetener: you can use any liquid sweetener you love, like agave syrup, brown rice syrup, date syrup, sugar-free monk fruit syrup.

Nutrition

Serving: 1 cookie | Calories: 118kcal | Carbohydrates: 9.1g | Protein: 3.6g | Fat: 6.6g | Fiber: 1.5g | Sugar: 5.8g

Healthy Peanut Butter Cookies <https://www.theconsciousplantkitchen.com/4-ingredient-peanut-butter-cookies/>