

Flourless Peanut Butter Cookies

Yield: 18 cookies

Ingredients:

1 cup natural peanut butter
1 cup sugar
1 teaspoon pure vanilla extract
1 large egg, lightly beaten
Chopped peanuts
Coarse sea salt, for sprinkling



Photo:- Freepik.com

Directions:

1. Preheat the oven to 350 degrees F and place the racks in the upper and lower third of the oven.
2. In a medium bowl, mix the peanut butter, sugar, vanilla and egg until well combined. Spoon 1 tablespoon of the mixture about 1 inch apart onto ungreased baking sheets. Flatten the mounds with the tines of a fork, making a crosshatch pattern on the cookies. Sprinkle coarse salt on top of the cookies.
3. After 5 minutes garnish with chopped peanuts if desired. Bake until golden around the edges, about 7 minutes, switching the position of the sheets halfway through baking. Transfer to racks to cool. Repeat with the remaining dough.

Nutritional Analysis per serving:

Calories 137 calories
Total Fat 7g
Saturated Fat 1g
Cholesterol 12mg
Sodium 164 mg
Carbohydrates 14g
Dietary Fibre 1g
Protein 3g
Sugar 12g

Source: Claire Robinson