

4-INGREDIENT PEANUT BUTTER COOKIES

Ingredients

1 cup natural creamy or chunky peanut butter
3/4 cup sugar
1 large egg
3/4 teaspoon vanilla extract



Directions

1. Preheat oven to 350° F.
2. In a large bowl mix beat peanut butter and sugar together.
3. Once combined, beat in egg and vanilla extract and mix just until fully incorporated.
4. Using a tablespoon or your hands, form dough into 20 equal-sized balls and place on ungreased baking sheet.
5. Use the tines of a fork to imprint a criss-cross shape on each cookie, then place in oven.
6. Bake for 7-9 minutes, or until lightly browned on the bottom, but not fully set. (They will continue to set once out of the oven.)
7. Remove from oven and let cool 15 minutes.
8. Serve warm or at room temperature and enjoy.

Variations/Tips: These cookies freeze well. Wrap them individually in waxed paper then place in a plastic freezer bag. Or stack them in layers separated by wax paper and seal them in a covered airtight container. Will freeze up to 3 months (if they last that long 😊). Don't forget to label and date your containers!

Yield: 20 cookies (1 cookie per serving)

Total cost: \$1.92 **Cost per serving:** \$.10

Source: adapted from PopSugar

Nutritional information per serving: 105 calories; 6.7g total fat (0.9g saturated fat); 9.7g carbohydrates; 0.8g fiber; 63mg sodium; 3.5g protein

Served at Central Ohio Diabetes Association's Evening of Health ~ April 12, 2016