



Peanut Butter Cookies

Yes, these simple ingredients create a dynamite peanut butter cookie!

30 servings/serving size: 1 cookie

1 cup crunchy peanut butter
1/2 cup light brown sugar
1 egg
1/2 teaspoon baking soda
1/4 cup chopped peanuts

1. Preheat the oven to 350°F.
2. In a large bowl, combine the peanut butter, sugar, egg, and baking soda until well combined. Stir in the peanuts.
3. Place dough by teaspoonfuls on a nonstick baking sheet and press down with a fork to form ridges. Bake for 12–14 minutes or until lightly browned.

Terrific Tidbit

Use a lightly floured fork to keep it from sticking to the cookie batter when you make the ridges in the cookies.

Nutritional information per serving:

Calories 76, Calories from Fat 45, Total Fat 5 g, Saturated Fat 1 g, Cholesterol 7 mg, Sodium 57 mg, Total Carbohydrate 6 g, Dietary Fiber 1 g, Sugars 4 g, Protein 2 g, Diabetic Exchanges: 1/2 Carbohydrate, 1 Fat