

LOW CARB PEANUT BUTTER COOKIES



YOU DON'T HAVE TO EAT LOW-CARB OR KETO TO ENJOY COOKIES, DO YOU? THESE PEANUT BUTTER COOKIES ARE GREAT FOR EVERYONE! JUST TRY NOT TO EAT THEM ALL IN ONE SITTING!

INGREDIENTS

3/4 cup Peanut Butter

2 tbsp Almond Flour

1 Large Egg

1 tsp Vanilla Extract

DIRECTIONS

Pre-heat oven to 350 F.

Combine all ingredients to in medium-sized mixing bowl. Mix well. Use a cookie scoop to shape each lump of dough into ball.

Place on a baking sheet and flatten with a fork.

Nutrition Facts	
6 servings per container	
Serving size	2 cookies
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.3g	7%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 480mg	21%
Total Carbohydrate 8g	3%
Dietary Fiber < 1g	2%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	