

WHOLE WHEAT PEANUT BUTTER COOKIES

no sugar biscuits, vegan

 20 portions

INGREDIENTS

- 120 grams of flour, wheat, wholemeal, self-raising
- 120 grams of peanut butter
- 54 grams of vegetable oil, coconut
- 85 grams of syrup, maple, pure (100% maple)
- 5 grams of vanilla extract, with alcohol

COOKING METHOD

- 1° Preheat your oven to 350°F [175°C] and line a baking sheet with parchment paper. In a bowl, whisk together the whole wheat flour, baking soda, and salt. In a separate bowl, combine the almond butter, melted coconut oil, honey or maple syrup (if using), and vanilla extract. Gradually mix the dry ingredients into the wet ingredients until a dough forms. Scoop tablespoon-sized balls of dough onto the prepared baking sheet and flatten them slightly with a fork. Bake for 10-12 minutes, or until the edges are golden. Allow the cookies to cool on a wire rack.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [24 g]	% DRI
ENERGY	478 kcal	113 kcal	6 %
FAT	32 g	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	16 g	4 g	18 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	316 mg	74 mg	3 %
CARBOHYDRATE	38 g	9 g	3 %
SUGARS	16 g	4 g	—
FIBER	6 g	1 g	5 %
PROTEIN	10 g	2 g	—