



Double Peanut Butter Cookies

 Dairy Free

READY IN



85 min.

SERVINGS



24

CALORIES



94 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup coconut oil — i weighed out a solid 96 grams (or shortening)
- ☐ 0.5 cup creamy peanut butter plus another for filling
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup maple syrup (or corn syrup)
- ☐ 1 tablespoon milk (or nondairy milk)
- ☐ 0.3 teaspoon salt
- ☐ 6.8 ounces stirred and aerated unbleached flour all-purpose well

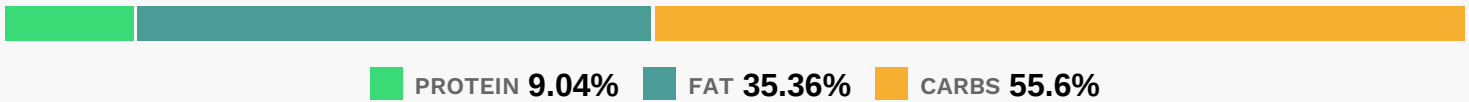
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ In a mixing bowl, combine the flour, sugar, baking soda and salt.
- ☐ Add the coconut oil and stir until crumbly.
- ☐ Add 1/2 cup of the peanut butter and stir well, then add the maple syrup and milk and stir until you have a thick dough. Shape the dough into a cylinder about 2 inches in diameter. Wrap it in plastic and chill for about an hour or until very firm. Preheat the oven to 350 degrees F. and have ready two ungreased or foil lined baking sheets. Slice 12 1/8 inch thick circles and arrange on a baking sheet. Spoon about 1/2 teaspoon of peanut butter in the center of each.
- ☐ Cut 12 more slices and lay over the peanut butter, then seal the edges. At this point, you can attempt to make criss-crosses, but try not to break the top and expose the peanut butter.
- ☐ Bake for 10-12 minutes on center rack. While the first sheet bakes, repeat with remaining dough and peanut butter.
- ☐ Let the cookies cool on the baking sheet for about five minutes, then transfer to a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:7.65, Inflammation Score:-1, Nutrition Score:2.0291304142903%

Nutrients (% of daily need)

Calories: 94.03kcal (4.7%), Fat: 3.81g (5.86%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 13.46g (4.49%), Net Carbohydrates: 13.01g (4.73%), Sugar: 6.77g (7.53%), Cholesterol: 0mg (0%), Sodium: 70.9mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Manganese: 0.22mg (10.99%), Selenium: 3.45µg (4.93%), Vitamin B3: 0.82mg (4.09%), Vitamin E: 0.54mg (3.59%), Vitamin B2: 0.06mg (3.51%), Magnesium: 11.8mg (2.95%), Phosphorus: 26.01mg (2.6%), Copper: 0.04mg (1.91%), Folate: 7.47µg (1.87%), Fiber: 0.45g (1.81%), Zinc: 0.23mg (1.54%), Vitamin B6: 0.03mg (1.41%), Potassium: 46.86mg (1.34%), Vitamin B1: 0.02mg (1.1%)