



Homemade Nutter Butters



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



281 kcal

DESSERT

Ingredients

- ☐ 3.8 g double-acting baking powder
- ☐ 106 g tablespoon brown sugar light
- ☐ 200 g confectioners' sugar
- ☐ 129 g creamy peanut butter
- ☐ 106 g old fashioned oats
- ☐ 30 g peanut halves unsalted
- ☐ 113 g butter unsalted room temperature
- ☐ 8.5 g vanilla paste

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ stand mixer
- ☐ pastry bag

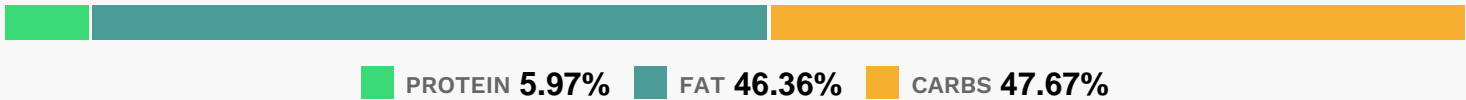
Directions

- ☐ For the cookies:Preheat oven to 325 degrees F.
- ☐ Spread out peanuts in a single layer on a sheet pan and toast in oven for 16 to 18 minutes until golden brown.
- ☐ Let cool, then coarsely chop.
- ☐ Combine flour, baking soda, and baking powder in a medium bowl and whisk together. Set aside.
- ☐ Combine butter and peanut butter in bowl of stand mixer. Beat on medium low speed until combined and has the consistency of mayonnaise and holds a peak when the paddle is lifted.
- ☐ Add brown sugar and beat for 2 minutes until fluffy. Scrape down sides of bowl.
- ☐ Add egg and vanilla paste and beat just until combined. Scrape down sides of bowl.
- ☐ Add in flour mixture in 2 additions, beating just until combined.
- ☐ Add oats and mix to combine.
- ☐ Add in chopped peanuts and mix to combine.Turn out dough onto a piece of plastic wrap and form into 5" x 7" block. Wrap tightly and refrigerate until firm, at least 2 hours.
- ☐ Roll out dough between two pieces of parchment paper or Silpats to 1/4" thick. The dough will soften very quickly so if it starts getting too soft and sticky put back in refrigerator to firm up slightly before continuing to roll.Using a 3 1/4" round cutter, cut out cookies from the dough

and place on baking sheets lined with parchment paper. Wrap sheets in plastic wrap and freeze for at least 2 hours until firm. You can also store the dough frozen for up to 1 month.Preheat oven to 325 degrees F. Arrange frozen cookies on baking sheets lined with parchment paper or Silpats about 2 inches apart.

- ☐
- Bake for 16 to 18 minutes, rotating pans halfway through, until they are golden brown at the edges.
- ☐
- Remove and let cool. For the filling: Cream together all ingredients in a stand mixer until very smooth.To assemble:Scoop filling into a pastry bag fitted with an Ateco #867 star tip (opening size approx. 9/16" if you have other tips). Pipe a spiral of filling on half the cookies, starting at the center and working out to within 1/4" of the edge.Top each with a second cookies and press gently down.

Nutrition Facts



Properties

Glycemic Index:13.35, Glycemic Load:2.4, Inflammation Score:-3, Nutrition Score:5.3086955663951%

Nutrients (% of daily need)

Calories: 280.82kcal (14.04%), Fat: 14.95g (23%), Saturated Fat: 6.21g (38.83%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 32.94g (11.98%), Sugar: 26.52g (29.46%), Cholesterol: 20.25mg (6.75%), Sodium: 84.61mg (3.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Manganese: 0.55mg (27.55%), Vitamin B3: 1.94mg (9.7%), Phosphorus: 91.91mg (9.19%), Magnesium: 36.13mg (9.03%), Vitamin E: 1.23mg (8.23%), Fiber: 1.65g (6.59%), Copper: 0.11mg (5.45%), Selenium: 3.47µg (4.96%), Vitamin B1: 0.07mg (4.85%), Vitamin A: 235.32IU (4.71%), Folate: 18.44µg (4.61%), Zinc: 0.66mg (4.4%), Iron: 0.77mg (4.27%), Calcium: 40.88mg (4.09%), Potassium: 125.61mg (3.59%), Vitamin B6: 0.07mg (3.46%), Vitamin B5: 0.28mg (2.79%), Vitamin B2: 0.04mg (2.59%)