



## Skinny Peanut Butter Cookies

 Dairy Free

READY IN



60 min.

SERVINGS



30

CALORIES



91 kcal

DESSERT

### Ingredients

- 0.5 cup granulated sugar
- 0.5 cup brown sugar packed
- 0.5 cup peanut butter
- 0.3 cup butter 68% softened
- 1 eggs
- 2 tablespoons honey
- 1.3 cups flour whole wheat
- 0.8 teaspoon baking soda

- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon salt
- 1 serving granulated sugar

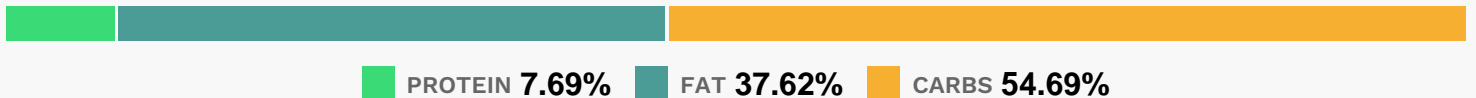
## Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer

## Directions

- Heat oven to 375°F. In large bowl, beat 1/2 cup granulated sugar, the brown sugar, peanut butter and vegetable oil spread with electric mixer on low speed until well mixed. Beat in honey and egg until well blended. Beat in remaining ingredients until dough forms.
- Shape dough into 1 1/4-inch balls.
- Place balls about 3 inches apart on ungreased cookie sheets. Flatten in crisscross pattern with fork dipped in additional granulated sugar.
- Bake 7 to 9 minutes or until light golden brown. Cool 1 minute; remove from cookie sheets to cooling rack. Cool completely, about 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:9.95, Glycemic Load:3.33, Inflammation Score:-1, Nutrition Score:2.4247826160458%

## Nutrients (% of daily need)

Calories: 90.97kcal (4.55%), Fat: 4g (6.15%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 12.33g (4.48%), Sugar: 8.91g (9.9%), Cholesterol: 5.46mg (1.82%), Sodium: 93.39mg (4.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Manganese: 0.27mg (13.52%), Selenium: 3.79µg (5.42%), Vitamin B3: 0.83mg (4.14%), Phosphorus: 37.43mg (3.74%), Magnesium: 14.73mg (3.68%), Vitamin E:

0.5mg (3.34%), Fiber: 0.74g (2.98%), Vitamin B6: 0.04mg (2.2%), Vitamin B1: 0.03mg (2.12%), Copper: 0.04mg (2.11%), Iron: 0.32mg (1.79%), Zinc: 0.26mg (1.75%), Folate: 6.67 $\mu$ g (1.67%), Vitamin A: 76.03IU (1.52%), Vitamin B2: 0.03mg (1.48%), Potassium: 50.92mg (1.45%), Calcium: 12.29mg (1.23%), Vitamin B5: 0.11mg (1.06%)