



Skinny Peanut Butter Cookies

 Dairy Free

READY IN



60 min.

SERVINGS



30

CALORIES



136 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 1 eggs
- ☐ 1.3 cups flour whole wheat
- ☐ 0.5 cup granulated sugar
- ☐ 30 servings granulated sugar
- ☐ 2 tablespoons honey

- ☐ 0.5 cup peanut butter
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup butter 68% softened

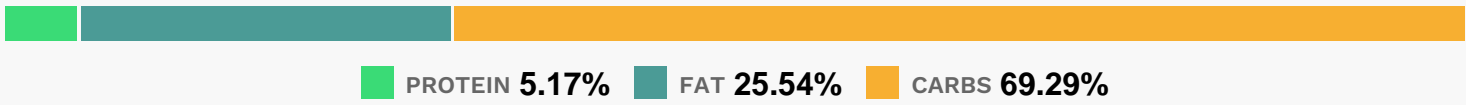
Equipment

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

Directions

- ☐ Heat oven to 375F. 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:11.43, Inflammation Score:-1, Nutrition Score:2.4404347853978%

Nutrients (% of daily need)

Calories: 135.63kcal (6.78%), Fat: 4.03g (6.21%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 23.88g (8.68%), Sugar: 20.49g (22.76%), Cholesterol: 5.46mg (1.82%), Sodium: 93.51mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Manganese: 0.27mg (13.55%), Selenium: 3.86µg (5.52%), 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%), Copper: 0.04mg (2.15%), Vitamin B1: 0.03mg (2.12%), Iron: 0.33mg (1.82%), Zinc: 0.26mg (1.76%), Folate: 6.67µg (1.67%), Vitamin B2: 0.03mg (1.61%), Vitamin A: 76.03IU (1.52%), Potassium: 51.15mg (1.46%), Calcium: 12.41mg (1.24%), Vitamin B5: 0.11mg (1.06%)