



Small Changes for a Healthier "U"



Peanut Butter Chocolate Chunk Cookies

Ingredients:

- 1/2 cup peanut butter
- 1/4 cup coconut oil, melted
- 2/3 cup coconut sugar
- 1 large egg
- 1 tsp vanilla extract
- 1 cup blanched almond flour
- 3/4 tsp baking soda
- 1/4 tsp kosher salt
- 4 oz dark chocolate chunks

Preparation:

1. Preheat oven to 350, place some parchment paper on the tray and set aside.
2. In a bowl, whisk together the peanut butter coconut oil, coconut sugar, egg, and vanilla extract until

smooth and combined.

3. Stir in the almond flour, baking soda, and salt.
4. Fold in the chocolate chunks.
5. Roll some dough into your hands into a ball shape and place in tray.
6. Bake for 15 min until color changes and crispy.
7. Cool completely.

This recipe is gluten free and dairy free, if you substitute the chocolate for a vegan kind.

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