



Eat in Peace Wellness Consulting

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Peanut Butter Cookies

½ cup butter

1 cup peanut butter (MaraNatha is a good brand – they test for aflatoxins, the mold found in peanuts)

½ cup honey

1 cup ground nuts (avoid nut flour, it's processed)

2 eggs

¼ teaspoon baking soda

1 teaspoon vanilla

Cream butter until soft. Add peanut butter and mix thoroughly. Add remaining ingredients.

Drop on greased cookie sheet and bake at 325 degrees for 10 minutes.

***For the nut flour, I use a combination of almonds, pecans, and brazil nuts. I've also experimented by adding ½ cup shredded coconut and grating a dark chocolate bar into the batter. Really, really yummy! ☺ I also have to add that the cookies turn out better the next day after the dough has firmed up, but they're not bad the day of either. They also make a nice cookie pie if you want something like that.