

PEANUT BUTTER COOKIES

Blend:

$\frac{3}{4}$ c. natural peanut butter

$\frac{1}{2}$ c. butter, room temp

1 cup palm sugar

1 egg

Add:

1 t. baking soda

$\frac{1}{4}$ t. baking powder

pinch salt or more

1 cup sprouted spelt flour

$\frac{1}{4}$ c. oat flour

Roll in 1 inch balls. Press down with meat pounder or fork, making a nice pattern.
Bake until golden – 10-12 minutes at 350.

The sprouted flour digests like a vegetable not a carb. The oat flour I believe makes them chewy and not too crumbly. My nutritionist says the palm sugar does not cause much insulin response, therefore preventing weight gain. My kids loved these.