

Peanut Butter Cookies

Preparation time	20 minutes
Cooking time	12 minutes
Servings	24 cookies
Cost per serving	20¢ per cookie
Storage	4 days in the fridge. Can be frozen.
Kitchen tools	Measuring cups and spoons, 2 baking sheets, parchment paper (or oil), small bowl, large bowl, spoon, fork.



Ingredients



500 ml (2 cups)
all-purpose flour



5 ml (1 tsp)
baking powder



2.5 ml (½ tsp)
baking soda



250 ml (1 cup)
peanut butter



125 ml (½ cup) softened
butter or non-hydrogenated
margarine

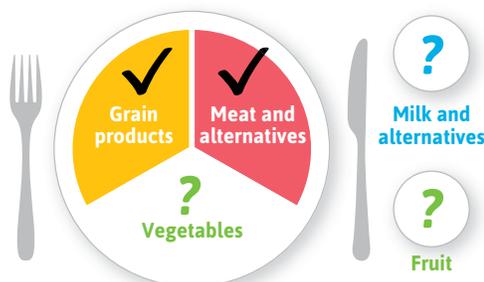


160 ml (⅔ cup)
sugar



2 eggs

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Balanced plate

? Delicious with a glass of milk or fortified soy beverage.

Directions

- 1** Place both oven racks in the middle of the oven and preheat the oven to 180°C (350°F). Oil two baking sheets or cover with parchment paper.
Tip: If you only have one baking sheet, bake the cookies in two batches.

- 2** In a small bowl, combine the **flour, baking powder** and **baking soda**. Set aside.

- 3** In a large bowl, add the **peanut butter**, softened **butter** or margarine, **sugar** and **eggs** and mix with a fork.

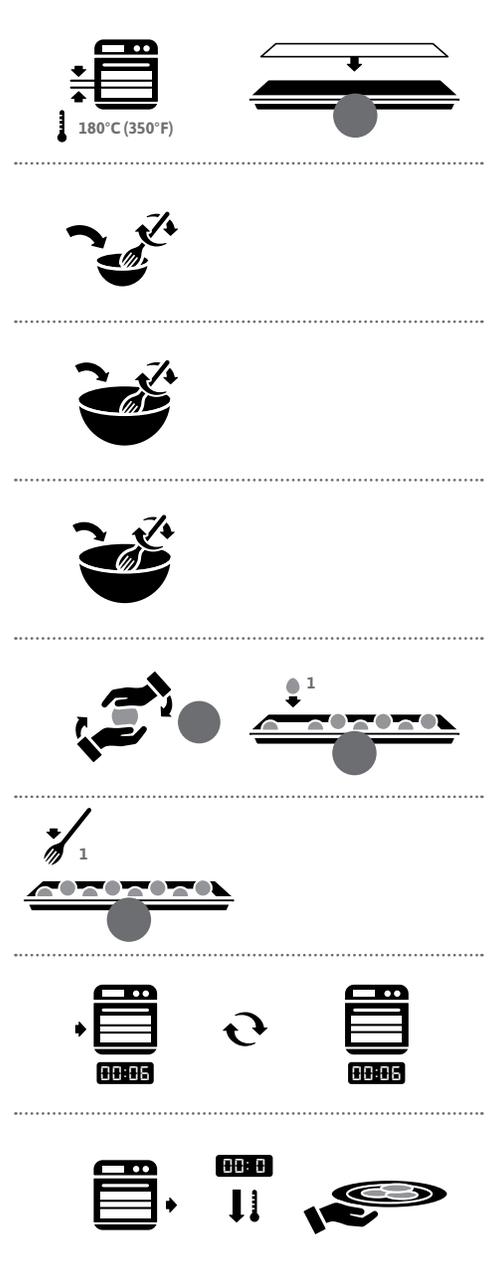
- 4** Add the **flour mixture** and stir together until the batter has a smooth and even texture.

- 5** Using your hands, make 24 balls about the same size and place 12 on each baking sheet.

- 6** Flatten each ball slightly with a fork to make a disk.

- 7** Place the baking sheets in the oven (one on each rack) and bake the cookies for about 6 minutes. Switch the baking sheets and bake for another 6 minutes, or until the tops of the cookies are no longer moist.

- 8** Let cool for about 10 minutes before removing the cookies from the baking sheet.
Tip: If you like your cookies crispier, turn off the oven and leave the baking sheets in the oven for another 4 minutes.



My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition