

Peanut Butter Cookies

Preparation time	20 minutes
Cooking time	
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

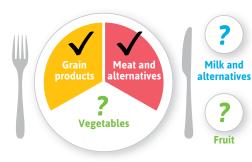


160 ml (¾ cup) **sugar**



2 eggs

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Balanced plate

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



Directions

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.



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



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



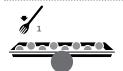
Add the **flour mixture** and stir together until the batter has a smooth and even texture.



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.



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.







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







