

## **Low Carb Peanut Butter Cookies (Flourless)**

A great treat instead of a dessert. Add a little whipping cream on top for extra fat.

### **Ingredients:**

1 cup crunchy peanut butter (100% peanuts)

½ cup granulated sweetener (Erythritol or Stevia are a couple of choices)

1 large egg

Pinch of sea salt (optional)

½ tsp cinnamon (optional)

### **Directions:**

1. Preheat oven to 350 degrees.
2. Put all ingredients in a bowl and mix with a fork.
3. Roll small balls of dough with your hands and flatten them on the baking sheet.
4. Wet a fork and press on cookies to create criss-cross pattern.
5. Bake 8-10 minutes, until edges are firm. (8 minutes = soft center, 10 minutes = overall crunchy)
6. Let cool completely before eating. They are very soft when just out of the oven, but will become crunchy when cooled.
7. Store in airtight container.

Prep Time: 10 min    Cook Time: 8-10 min

My Notes: They were a bit too salty for me so next time I will omit sea salt in the recipe. If you want the sweet/salty combo you can sprinkle the top of cookies with a little sea salt before baking. I did use the cinnamon and I liked it. I store mine in an airtight container in the refrigerator. Be gentle with the cookies until they are completely cooled. This is a cookie without flour so it is expected to be a bit crumbly. A very good cookie for the Peanut Butter Cookie lover.