

Three-Ingredient Peanut Butter Cookies

Ingredients:

- 1 cup all natural peanut butter
- 3/4 cup sugar or stevia baking blend
- 1 large egg

Directions:

1. Preheat oven to 350°F.
2. In a medium-sized bowl, cream together peanut butter and sugar or stevia. Mix in egg until well combined.
3. One heaping tablespoon at a time, roll dough into 1 ¼ inch balls, and place on a cookie sheet lined with parchment paper.
4. Using a fork, flatten the ball, making a crisscross pattern with the tines of the fork.
5. Bake for 8-10 minutes or until edges begin to brown. Let cool 5 minutes on the pan, then carefully transfer cookies to a cooling rack to finish cooling. Cookies will firm as they cool.

Nutrition Facts	
Serving Size 1 Cookie (38g)	
Servings Per Container 12	
Amount Per Serving	
Calories 190	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 85mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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