

Chewy Peanut Butter Cookies

Created by Kristy Regan for the NUNM SIBO Lab

Makes approximately 2 dozen cookies.

Ingredients

1 Tablespoon coconut flour

½ teaspoon baking soda

¼ cup almond flour

1 cup salted peanut butter

½ cup honey

1 large egg

Fleur de Sel or Kosher salt to top cookies

Instructions

1. Preheat oven to 350 degrees.
2. Line two cookie sheets with parchment paper.
3. In a medium bowl, add coconut flour, baking soda, and almond flour and mix well. Create a well in the dry ingredients.
4. Add peanut butter, honey and the egg and mix together until all ingredients are incorporated. Incorporate into dry ingredients.
5. Measure out teaspoon size balls and place on cookie sheets, 12 cookies to a sheet, 2 inches apart.
6. Sprinkle each cookie with salt.
7. Cook 8-10 minutes and cool on wire racks.

*Coconut flour has been measure as high FODMAP in 2/3 cup amounts by Monash University. Since there isn't a known lower amount that is high or low FODMAP, we are still featuring recipes with small amounts of coconut flour per serving.