



PEANUTTY PEANUT BUTTER SQUARES

SERVES: 16 (1 square each) Prep Time: 10 min. Cooking Time: 25 min.

CONTAINER EQUIVALENTS (per serving): 1 2½

1½ cups all-natural smooth peanut butter
½ cup raw honey
2 tsp. pure vanilla extract
2 large eggs, at room temperature
½ tsp. baking soda, gluten-free

SPECIAL EQUIPMENT:

Nonstick cooking spray

1. Preheat oven to 350° F.
2. Lightly coat 8 x 8-inch baking pan with spray. Set aside.
3. Combine peanut butter, honey, extract, eggs, and baking soda in a large bowl; mix well.
4. Evenly spread batter into prepared pan. Smooth top with a spatula.
5. Bake for 22 to 25 minutes. Squares may be a little soft when coming out of the oven, but they will continue to cook as they cool.
6. Cool completely.
7. Cut into sixteen squares.

VARIATION:

Pure maple syrup can be substituted for honey.

NUTRITIONAL INFORMATION (per serving): Calories: 182 Total Fat: 13 g Saturated Fat: 3 g Cholesterol: 23 mg Sodium: 158 mg Carbohydrates: 13 g Fiber: 1 g Sugars: 10 g Protein: 7 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.