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**FLOURLESS BAKING**





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## Introduction

Many people have gone flourless for specific health reasons. Some do so because they think the gluten in flour aggravates other medical conditions such as irritable bowel syndrome, rheumatoid arthritis or asthma. Others believe avoiding flour makes them feel better.

Celiac disease is one of the main reasons for going flourless. It is one of the most common autoimmune diseases. In fact, in the last 50 years, one in 133 people have been diagnosed with the disease. Another reason for eliminating flour in your baking is to reduce carbohydrates. Flour is high in carbs.

Removing flour from your diet can improve your health. Going with an all-natural diet like the Paleo Diet, can help free the body from chronic diseases such as:

- Obesity
- Cardiovascular disease (heart disease, stroke, high blood pressure, congestive heart failure, atherosclerosis)
- Type 2 diabetes
- Cancer of many types
- Autoimmune diseases (multiple sclerosis, rheumatoid arthritis, Crohn's disease, ulcerative colitis, etc.)
- Osteoporosis
- Acne
- Myopia (nearsightedness), macular degeneration, glaucoma
- Varicose veins
- Hemorrhoids
- Diverticulosis, gastric reflux
- Gout

There are many reasons to go flourless. It could be an allergy to wheat or gluten. You may want a more natural diet that reduces many diseases and health problems. Maybe you just want to reduce the amount of carbs you take in every day. Going flourless may be very beneficial and just what the doctor ordered.

## Tips for Flourless Baking

Flourless baking can be a real trial-and-error process. Flour, when used in baking, adds body, structure, texture and flavor to baked goods. It often acts as a binder, attaching ingredients together. When you remove the flour, you have to add something else in its place that will perform the same function.

Here are some tips to help achieve better baking results when going flourless.

1. To increase the nutrition value, substitute up to 1/4 cup ground flaxseeds plus 1/4 cup water for 1/4 cup flour in a recipe (flax will absorb more moisture).

2. To add more moisture to your recipe, add gelatin, extra egg or oil. Honey or rice malt syrup helps retain moisture.
3. Substitute brown sugar for white for more moisture.
4. To enhance the flavor of flourless foods, add chocolate chips, dried fruits or nuts and double the amount of spices called for.
5. For better structure, add dry milk solids or cottage cheese to the recipe. Replace evaporated milk for regular milk.
6. Add extra egg or egg whites if your recipe is too crumbly.
7. Don't overbeat since the kneading time is shorter with no gluten to develop.
8. You can use ground oats in place of flour, but you need ingredients like banana or eggs to bind the ingredients together.
9. Eggs can replace many functions of gluten such as binding enhancing texture setting the structure of the recipe. Two other starch-based products you can use to bind and thicken are guar gum and xanthan gum. They are interchangeable and used in small amounts.

The key to flourless baking is to experiment. You may have to try different ingredients or amounts to get the flavor and texture you want.

## Filling the Pantry

Filling your pantry with flourless alternatives is a bit different from a normally stocked baking pantry. Although there are many alternatives to wheat flour, for our purposes, we're sticking with non-flour ingredients.

- Black or White Beans, Garbanzo beans (drained, rinsed and pureed) when substituting for flour. Use 1 cup of bean puree (about a 15 oz can) instead of 1 cup of flour, when baking.
- Rolled Oats offer a nutty taste and course texture. Oats can be used instead of flour in muffin recipes. Use 1 cup of oats for every 1 cup of all-purpose flour. You may also need to add 1 or 2 teaspoons of baking powder or soda, per cup of oats. Ensure moisture from ingredients like eggs or mashed banana.
- Nuts can be ground and added to baked goods in place of flour.
- Flaxseed is the seeds of the flax plant. They have nutty taste. The whole seeds need to be ground into meal for baking. A simple spice or coffee grinder can do this in seconds.
- Chocolate, Chocolate chips, Cocoa Powder

- Eggs
- Guar gum and xanthan gum are used in gluten-free cooking to bind, thicken and emulsify gluten-free ingredients.
- Corn Meal can be used in pancakes, muffins, cornbread and tortillas.
- Fruit purees such as applesauce and pumpkin
- Seasonings
- Almond meal is ground almonds, good for flour substitute in muffins.
- Peanut butter
- Baking soda
- Baking powder
- Sugar, brown sugar, sugar substitute – if you're watching your carbs, replace the sugar in these recipes with substitute.
- Molasses, honey
- Unflavored gelatin can be used as a binder, thickener and egg substitute when mixed with water.
- Millet is a seed with a rice-like texture when cooked. It can be used for cereal, a base in stews or for millet cakes.
- Pumpkin seed meal is a flour alternative that adds a nutty flavor.
- Sesame seed meal comes from ground sesame seeds.
- Sunflower seed meal is a flour alternative made from ground sunflower seeds.
- Chia seed meal is made from ground chia seeds. Adjust liquid levels and cooking times when used in baking.

Whatever your reason for going flourless, experimenting and filling your pantry with alternate and substitute ingredients will give you a well-stocked arsenal to begin using flourless recipes.

## Flourless Recipes

Here are a few recipes to help you get started baking without wheat flour. Try one or try them all. From Black Bean Brownies to Peanut Butter Oatmeal Cookies, there's a little something for everyone.

Let's go...

### ***Black Bean Brownies – No Eggs***



Makes 12 brownies

#### ***Ingredients:***

1 x 15 ounce can of black beans (or 1/2 cup dry, soaked and fully cooked)

1 cup sugar

½ cup oats



¼ cup cacao powder  
1/4 cup vegetable oil (or your favorite baking oil)  
1 teaspoon vanilla  
1 teaspoon baking powder  
Dash of salt  
1 cup chocolate chips

### ***Instructions:***

Preheat oven to 350 F.

Grease an 8 x 8 square baking pan and set aside.

Drain and rinse the black beans.

Place all ingredients except the chocolate chips in a food processor until completely smooth. Mix in 3/4 cup chocolate chips by hand.

Add batter to the pan and spread it evenly in the pan. Sprinkle the remaining 1/4 cup chocolate over the top if desired.

Bake the brownies for about 20 minutes. They will still be soft and won't have the texture of regular baked brownies, so don't let them burn on the edges. Let sit for about 30 minutes before serving, so the brownies can firm up as they cool.

## ***Vegan Chocolate Cupcakes***



Make 12 cupcakes

### ***Ingredients:***

1 ½ cups oats  
½ cup sugar  
½ cup cocoa powder  
2 teaspoons baking powder  
Pinch of salt  
1 mashed banana  
¼ cup vegetable oil  
¾ cup almond or soy milk  
½ tablespoon apple cider vinegar  
1 teaspoon vanilla

### ***Frosting:***

2 cups icing sugar  
½ cup vegetable shortening

1 teaspoon vanilla  
Optional: food coloring  
Up to 5 tablespoons water

### ***Cupcake Instructions:***

Preheat oven to 350 F.

Line a cupcake pan with 12 cupcake liners. Set aside.

Place oats in a blender and grind until fine.

Add ground oats, sugar, cacao, baking powder and salt in a medium bowl. Whisk well. Add the mashed banana, vegetable oil, milk, apple cider vinegar and vanilla. Continue to whisk until smooth.

Divide batter among the 10 cupcake liners and bake for 20-25 minutes or until they start to firm on the top. Let cool completely before frosting.

### ***Frosting Instructions:***

Add icing sugar, shortening, vanilla and food coloring, if using, to mixing bowl. Use electric mixer to blend until smooth. Add enough water as you're mixing to create the consistency you want.

## ***Oatmeal and Banana Muffins***



Makes 10 muffins

### ***Ingredients:***

2 cups oats  
2 ripe bananas  
1/2 cup sugar  
1/2 cup plain unsweetened yogurt  
1 egg  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon cinnamon  
Dash of salt

### ***Instructions:***

Preheat oven to 400 degrees F.

Grease a muffin tin and set aside.



Finely grind oats in a blender, so they make what looks like flour.

In a large mixing bowl, add the oat flour and remaining ingredients. Blend until smooth.

Fill the muffin cups about 2/3 full.

Bake for 18 to 20 minutes or when a toothpick is inserted and comes out clean. Cool before serving.

### ***Peanut Butter Oat Cookies***



Makes 36 cookies

#### ***Ingredients:***

$\frac{3}{4}$  cups peanut butter  
 $\frac{1}{4}$  cup softened butter  
 $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{4}$  cup white sugar



1 egg  
1 teaspoon vanilla  
1 tsp baking soda  
2 ½ cups oats

### ***Instructions:***

Preheat oven to 350 degrees F.

In large bowl, cream together butter, peanut butter and sugar. Add egg, vanilla and baking soda until creamy. Beat well. Stir in the oats until combined.

Drop by tablespoonful onto non-stick cooking sheets. Bake for 8-10 minutes or when they start brown slightly around the edges. Let cool before serving.

### ***Pavlova with Fruit***



Makes 8 servings

### ***Ingredients:***

4 egg whites  
1 cup sugar  
2 teaspoons cornstarch  
1 teaspoon vanilla  
1 teaspoon lemon juice  
Sliced strawberries for topping

### ***Instructions:***

Preheat oven to 250 F. Line a baking sheet with parchment paper. Set aside.

In a mixer, mix the 4 egg whites on low speed and increase slowly until soft peaks begin to form. Increase speed to medium high and start to slowly add the sugar and cornstarch. Mix for 2-3 minutes more. Then add the vanilla and lemon juice and continue to mix until stiff peaks form and the mixture appears shiny.

With a pastry bag or by spoon, divide the ingredients into 8 portions on the parchment paper covered baking sheet.

Bake for about 50-60 minutes or until they are dry to the touch. They should be white, rather than browned when they're done, so keep an eye on them as they bake. If they start to turn color, turn the temperature down about 25 degrees.

Let cool and top with sliced strawberries.

## ***Apple Crumble***



Makes 12 servings

### ***Ingredients:***

7 medium apples (pears taste delicious too)  
1/2 cup melted butter  
1 cup oats  
1 cup brown sugar  
1 teaspoon cinnamon

### ***Instructions:***

Preheat oven to 350 F

Thinly slice the apples and place them along the bottom of 9 x 13 baking dish. There is no need peel the apples and you'll get the extra fiber.

Melt the butter in a medium microwavable bowl. Add the oats, brown sugar and cinnamon. Stir until well combined. Spread the mixture over the apple slices.

Bake for 45 minutes. Serve warm and preferably, with ice cream!

### ***Easy Flourless Almond Biscuits***



Makes 24 biscuits

#### ***Ingredients:***

2 egg whites  
1/8 teaspoon cream of tartar  
1/4 cup sugar  
1 teaspoon vanilla  
1/8 teaspoon salt  
3/4 cup ground almonds



***Instructions:***

Preheat oven to 276 degrees F.

Using an electric mixer, beat egg whites and cream of tartar until stiff peaks begin to form. Slowly add the sugar, vanilla and salt. Stop the mixer and fold in ground almonds.

Drop by tablespoonful to a non-stick baking sheet. Bake for about 20-30 minutes or when the edges begin to brown slightly. They will be soft when you take them out of the oven, but they'll harden as they cool.

**4-Step Cocoa Peanut Butter Chocolate Chip Cookies**

Makes about 2 dozen.

***Ingredients:***

1 cup peanut butter  
3 tablespoons cocoa powder  
3/4 cup brown sugar  
1 large egg  
1/2 teaspoon vanilla extract  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
2/3 cup chocolate chips

***Instructions:***

Preheat oven to 350 degrees Fahrenheit. Cover a baking sheet with parchment paper.  
Mix together all ingredients except chocolate chips. Beat until smooth. Mix in chocolate chips.

Roll dough into 1-inch balls.  
Place on cookie sheet. Flatten tops slightly.

Bake for 10-13 minutes, until edges are golden.  
Cool for 3-4 minutes on pan before removing to a wire rack.

**Divine Chocolate Flourless Cake**

***Ingredients***

1 cup butter  
15 ounces bittersweet chocolate wafers  
5 large eggs  
1 teaspoon vanilla extract



1 1/3 cup powdered sugar  
2 tablespoons cornstarch

### ***Instructions***

Preheat oven to 350 degrees.

Grease a 9-inch springform pan.

Place butter and chocolate in microwave safe bowl. Melt in microwave for 2 minutes. Stir. Return to microwave for 2 minutes more. Stir. Continue microwaving until melted.

Whip eggs at medium speed of electric mixer until light and fluffy, about three minutes. Beat in the cornstarch, vanilla, and powdered sugar until smooth. Gently fold in the melted chocolate.

Pour the chocolate egg batter into the prepared pan.

Bake for 35 to 40 minutes. Center of the cake should be firm to the touch.

Let cake cool on wire rack in pan for five minutes. Loosen ring and cool completely.

Garnish with whipped cream or sifted powdered sugar.

## ***Dusted Poppy Seed Flourless Cake***

Serves: 12

### ***Ingredients:***

1 1/2 cups poppy seeds  
3 tablespoons potato starch or 1 teaspoon baking powder  
6 eggs, separated, at room temperature  
1 cup sugar  
1 teaspoon vanilla extract  
7 tablespoons unsalted butter, melted and cooled  
2 tablespoons sifted powdered sugar, for topping

### ***Instructions:***

Preheat oven to 300 degrees Fahrenheit.

Grease 9" Spring form pan. Line bottom with parchment paper.

Grind the poppy seeds in coffee grinder. Seeds will be sticky.

Mix seeds with potato starch in large bowl.

In another bowl, beat egg yolks until slightly thickened. Very slowly stir in the sugar and vanilla. Add butter slowly. Stir in the poppy seed mixture. Mix until well combined.

Whisk egg whites until soft peaks form. Fold egg whites into the poppy seed batter.

Pour into pan.

Bake for 50-60 minutes. Toothpick inserted in center should come out dry.

Cool on wire rack at least an hour before removing from pan.

Dust powdered sugar over top.

## ***Flourless Almond Dark Chocolate Cookies***

Servings: 12-14 cookies

### ***Ingredients***

1 large egg

1 cup almond butter, at room temperature or cold

1/2 cup brown sugar, lightly packed

1 teaspoon baking soda

1/4 cup unsweetened cocoa powder

1 cup chopped dark chocolate or chocolate chips

1/3 cup chocolate-coated sunflower seeds, optional

### ***Instructions***

Preheat oven to 350 degrees Fahrenheit. Line baking sheets with parchment paper.

Whip egg in medium bowl. Stir in almond butter, brown sugar, baking soda, and cocoa powder, stirring until well blended. Stir in chocolate pieces.

Using a tablespoon, drop batter 2 inches apart onto cookie sheets.

Bake for 8 to 10 minutes for soft cookies, or up to 12 minutes for crispy cookies. Cookies should be firm.

Cool on pans for 10 minutes then remove to wire rack to cool completely.

## ***Flourless Chocolate Almond Coconut Drops***

Makes 20-24 small cookies

### ***Ingredients:***

3 cups confectioners' sugar

3/4 cup cocoa powder

1/2 teaspoon fine salt

3/4 cup semi-sweet chocolate chips

1 cup slivered almonds, toasted and chopped

3/4 cup unsweetened shredded coconut

4 egg whites at room temperature

### ***Instructions:***

Preheat oven 325 degrees Fahrenheit. Line baking sheet with parchment paper.

Toast almonds in a dry pan over low heat, about 3 minutes. Coarsely chop them.

Mix sugar, cocoa powder, salt, chocolate chips, toasted, chopped almonds, and unsweetened shredded coconut until combined.

Add egg whites. Blend until moistened.

Drop cookie dough 2 inches apart on prepared sheet using a cookie scoop.

Bake for 16 to 18 minutes. Rotate sheet halfway through baking time. Cookies should look dry. Cool completely.

## ***Flourless Natural Peanut Butter Banana Muffins***

Makes 12 muffins

### ***Ingredients:***

1 cup natural peanut butter  
2 very ripe bananas, mashed (about 1 cup mashed)  
1 teaspoon baking soda  
1 teaspoon vanilla extract  
3 whole eggs  
1/2 teaspoon sea salt  
1/4 cup honey  
1 teaspoon cinnamon

Choose one optional add-in: 1/2 cup chocolate chips, 1 cup fresh raspberries, 1/2 cup dried raisins or cherries, 1 sliced banana

### ***Instructions:***

Preheat oven to 350 degrees Fahrenheit. Line a 12-cup muffin tin with liners.

Mix all ingredients together in a medium bowl until very smooth. Fold in optional add-in.

Using an ice cream scoop, divide batter evenly into muffin cups.

Bake for 15 minutes. Muffins should be firm.

Cool for 15 minutes before removing from pan.

## ***Flourless Roasted Pistachio Cake***

Makes 1 (9x9 inch) cake

### ***Ingredients:***

1/2 cup vegetable oil  
7 large eggs, separated  
3 cups roasted, unsalted pistachios  
1 cup sugar  
1 tablespoon matzo meal  
1 teaspoon ground cardamom  
1 tablespoon vanilla extract  
Confectioners' sugar, for dusting

### ***Instructions:***

Heat oven to 350 degrees Fahrenheit.

Grease a 9-inch square pan. Set aside.

In a stand mixer, whisk the egg whites to stiff peaks but not dry. Set aside.

Pulse pistachios and 1 tablespoon sugar in food processor until very finely ground. Stir occasionally to prevent nuts from turning into a paste.

Combine egg yolks and sugar in a bowl. Blend well by whisking. Mix in the ground pistachios, matzo meal and cardamom. Mix in vanilla extract and vegetable oil. Fold in the egg whites.

Pour batter into the 9-inch pan.



Bake about 50 minutes or until a toothpick inserted in the center comes out clean.

Allow to cool in pan on wire rack for 10 minutes.

Run a thin spatula or knife around the edge of the cake and pan to loosen it.

Remove cake from pan.

Allow to cool on wire rack.

## ***Flourless Sweet Potato Applesauce Bread***

### ***Ingredients:***

1 1/2 cup almond butter  
2 eggs  
1 1/2 cups mashed sweet potatoes  
2 tablespoons maple syrup or honey  
1/4 cup unsweetened applesauce  
1 1/2 teaspoon baking soda  
1/4 teaspoon cinnamon  
1/4 cup dark chocolate chips

### ***Instructions:***

Preheat oven to 325 degrees Fahrenheit.

Grease a 13x9 pan.

Combine all ingredients in food processor, mixing until smooth.

Pour batter into pan. Sprinkle pecans over the top.

Bake for 40 or 45 minutes until toothpick comes out clean.

Cool completely.

## ***Peanut Butter Honey Chocolate Chip Flourless Blondies***

Serves 16

### ***Ingredients:***

1 cup natural creamy peanut butter

1/3 cup honey

1 whole egg

1/4 teaspoon sea salt

1/2 teaspoon baking soda

1/2 cup dark chocolate chips

### ***Instructions:***

Preheat oven to 350 degrees Fahrenheit. Grease an 8-inch square pan.

Stir together peanut butter, egg, honey, baking soda and salt until combined. Mix in the chocolate chips.

Pour into prepared pan, smoothing top.

Bake for 20-25 minutes. The blondies should be a light golden brown.

Cool completely before cutting.

## ***Puffy Fudgy Chocolate Brownie Cookies***

### ***Ingredients:***

3 cups powdered sugar  
3/4 cup unsweetened cocoa powder  
1 teaspoon kosher salt  
2 large egg whites  
1 large egg  
4 ounces chopped bittersweet chocolate  
3 tablespoons cacao nibs

### ***Instructions:***

Preheat oven to 350 degrees Fahrenheit. Oven racks should be on upper and lower third of the oven. Line 2 baking sheets with parchment paper.

Mix cocoa powder, powdered sugar, and salt in a large bowl.  
Add in egg whites and egg.

Gently mix in chocolate and cacao nibs.

Drop dough by tablespoons, 2 inches apart on baking sheets.

Bake 14 to 16 minutes. Rotate baking sheet halfway through time. Cookies should be puffed up, the tops cracked and the edges set.

Place pans on wire racks and allow to cool.

## ***Simple Almond Cookies***

Makes 32 cookies

### ***Ingredients:***

Nonstick cooking spray

2 1/4 cups whole almonds

3/4 cup sugar

2 egg whites

1 teaspoon almond extract or vanilla

32 almond slices (2 tablespoons)

2 ounces bittersweet chocolate, melted

### ***Instructions:***

Preheat oven to 350 degrees Fahrenheit.

Spray two large cookie sheets with cooking spray or line with parchment paper. Set aside.

Finely grind whole almonds and sugar in food processor.

Add egg whites and almond extract and process until mixed well.

Shape a large measuring teaspoonful of mixture into crescent shapes or balls. Arrange 1 inch apart on cookie sheet. Top with an almond slice.

Bake for 10 to 12 minutes or until just brown on the top.

Cool on wire racks.

When cool, drizzle tops of cookies with melted chocolate.

## ***Spanish Amaretti Cookies***

Yield- 36 2-inch cookies

### ***Ingredients:***

2 8-ounce cans almond paste

2 extra-large egg whites

1/2 cup + 1/8 cup sugar

1/4 teaspoon almond extract

36 Spanish almonds

### ***Instructions:***

Preheat oven to 325 degrees Fahrenheit

Line 2 large baking sheets with parchment paper.

Break almond paste into small chunks. Place almond paste and sugar in a food processor and pulse to combine. Add the egg whites one at a time. Pulse to combine completely, until very smooth. Add the extract and pulse to combine.

Form 1 inch balls. Arrange 2 inches apart on prepared sheets.

Dip fingers into extra sugar and lightly press each cooking into a 2-inch diameter.

Top each cookie with a Spanish Almond.

Bake for 18 to 20 minutes. Cookies should be set and lightly brown with cracks. Turn off oven but leave cookies in for another 5 minutes for extra crunch.



## ***Toasted Hazelnut Flourless Cake***

Makes 1 9-inch 3-layer cake

### ***Ingredients:***

12 ounces toasted hazelnuts  
2 teaspoons baking powder  
6 egg yolks  
10 tablespoons sugar  
6 egg whites  
1 pint heavy whipping cream  
1/8 cup chopped hazelnuts, for garnish

### ***Instructions:***

To toast hazelnuts:

Preheat oven to 350° Fahrenheit.

Layer hazelnuts in one layer in baking pan. Toast on the middle rack of oven for 10 to 15 minutes. Hazelnuts should be lightly browned and skins blistered.

Wrap the nuts in a towel while still warm to steam for 1 minute. remove loose skins by rubbing nuts in the towel. Cool completely.

### ***To make cake:***

Preheat the oven to 325 degrees Fahrenheit.

Grease and flour a 9-inch springform pan.

In a grinder, crush toasted hazelnuts until very fine.

Toss hazelnuts with baking powder. Set aside.

Beat egg yolks and sugar until a light yellow color. Add the ground hazelnut mixture.

Whisk egg whites until stiff using a clean bowl.

Gently blend in 1/3 of the egg whites into the yolk mixture.

Blend in the remaining egg whites until well mixed.

Transfer mixture into springform pan. Bake for 60 to 75 minutes. Cake should spring back when touched lightly.

Cool on wire rack.

Slice cake horizontally into 3 layers.

With electric mixer, whip cream until stiff peaks form; layer whipped cream between layers, across the top and sides of cake. Top with chopped hazelnuts.

### ***Toasted Walnut Chocolate Flourless Cookies***

Makes 24 cookies

#### ***Ingredients:***

2 3/4 cups walnut halves

3 cups Confectioners' sugar

1/2 cup plus 2 tablespoons unsweetened Dutch-process cocoa powder

1/2 teaspoon salt

4 large egg whites, at room temperature

1 tablespoon vanilla extract

### ***Instructions:***

Preheat oven to 350 degrees Fahrenheit

Spread walnuts on baking sheet. Toast about 9 minutes, until fragrant and turn golden brown. Remove from oven. Cool slightly. Transfer to work surface and chop them coarsely.

Lower oven temperature to 320 degrees Fahrenheit. Cover baking sheets with parchment paper.

In a mixer bowl on low speed, mix sugar, cocoa powder and salt until slightly combined. Add chopped walnuts. Mix until combined.

With mixer speed on medium, add egg whites and vanilla. Increase speed to medium and mix batter until moist. Mix well, but don't over mix. Batter should not be stiff.

Using a small spoon, place dollops of batter on lined cookie sheets.

Bake for 7 minutes, rotate pan and continue to bake for 7 minutes more. Cookies are done when shiny and slightly cracked on top.

Cool cookies on wire rack.

### ***Twice the Peanut Butter Peanut Butter Cup Flourless Cookies***

Serves: about 2 1/2 dozen cookies

### ***Ingredients:***

1/2 cup sugar

1/2 cup dark brown sugar

1 teaspoon baking soda

1 cup natural peanut butter

1 egg

1 teaspoon vanilla

About 30 mini Peanut Butter Cups, unwrapped

### *Instructions:*

Preheat oven to 350 degrees Fahrenheit. Cover cookie sheets with parchment paper.

Stir together the sugars and the baking soda with a fork.

Stir peanut butter into sugar mixture with electric mixer until creamy.

Beat in the egg and vanilla until completely combined.

Using a tablespoon of dough form into balls. Place on cookie sheet. Flatten to about 1/2 inch thick.

Bake 10 to 12 minutes. Cookies should be soft set and golden.

Cool on pan for 1 minute. Top warm cookie with a peanut butter cup. Tap gently to make sure the chocolate melts into the cookie.

Cool five minutes more on pan before removing to wire rack.

## RECOMMENDED FOR YOU

Learn How to Easily Whip Up the Most Decadent and Delicious *Low-Glycemic, Gluten-Free* Desserts...  
(With NO Toxic Artificial Sweeteners...!)

As a person who values their health, you probably already know that sugar is bad news. It ages your body, contributes to weight gain and can increase your risk of disease. And artificial sweeteners are even WORSE! But now for some good news...

You can still enjoy rich, decadent desserts, without souring your health. Thanks to the latest in nutritional science, it can be downright easy to create desserts that are so sinfully moist, sweet and delicious... you'll swear they're bad for you.

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