

Peanut Butter Power Cookies

These cookies are very satisfying, for both your body and your taste buds. They're great to share with family, friends, and co-workers too! Makes 12 cookies. [Click here for a printable version of this recipe.](#)

1 cup peanut butter

2 TBS Lakanto Sweetener*

1 egg

1/2 cup almond flour

1/2 tsp baking soda

1/8 tsp salt

3 1/2 ounces dark chocolate bar (100% chocolate - no sweetener added)

Instructions

First, preheat your oven to 350 degrees F.

Next, cream together peanut butter and Lakanto. Then stir in the egg until the mixture is well combined.

In a separate bowl, mix together almond flour, baking soda and salt.

Then add the almond flour mixture to the peanut butter mixture and stir until well mixed.

Next, chop the chocolate bar into small pieces and stir into the cookie batter until evenly mixed.

Using a rounded tablespoon or 1-inch ice cream scoop, scoop the dough into 2-tablespoon-sized balls and place on a silicone baking mat or parchment-lined baking tray. Press the balls down with a fork in a crosshatch pattern

Finally, bake for 15 minutes, and then cool for at least 15 minutes before handling. Gently transfer the cookies to a shallow storage container with a lid. Refrigerate for at least a few hours to overnight before enjoying.

Note: Cookies will be crumbly before refrigerating but will firm up in the fridge.

*Lakanto is a natural, zero-calorie sweetener-substitute. It's a combination of Monkfruit and erythritol.

Calories: 226

Total Carb: 9 g (16%)

Fiber: 3 g

Protein: 7 g (13%)

Fat: 18 g (71%)

Recipe by David Ludwig, MD, PhD, and Dawn Ludwig. All rights reserved.