



VEGAN PEANUT BUTTER COOKIES

Preparation time: 15 minutes; Total time: 40 minutes

Ingredients

Dry:

- 2 cups wheat flour or spelt flour
- 1/2 teaspoon baking powder
- 1 teaspoon baking soda

Wet:

- 1 cup maple syrup or 1/2 cup, each, white and brown sugar
- 1/2 cup applesauce
- 3/4 cup organic peanut butter, smooth or chunky
- 1 teaspoon vanilla (optional)
- 1 teaspoon cinnamon (optional)

Preheat oven to 350. In a large bowl, stir together flour, baking powder, and baking soda. Add maple syrup, peanut butter, applesauce, and vanilla. Stir together gently until "just mixed". Scoop 2 tablespoon portions onto an ungreased cookie sheet. Press each cookie in a crisscross pattern with a fork and bake for 10-12 minutes.

Makes 32 cookies.

Per cookie: 128 calories; 6.2g fat; 16g carbs; 1.8g fiber; 4g protein; 3.7% RDA iron; 1.4% RDA calcium