



Healthy Recipe Moms



Kid Critics Approved Product:
Joseph's Original Sugar-Free Syrup, Maple



Gluten Free Maple Peanut Butter Cookies
by Healthy Recipe Mom, Rebecca

PREHEAT: Oven to 350 degrees

PANS/EQUIPMENT: 1 mixing bowl, 2 nonstick cookie sheets

PREP TIME: 10 minutes

COOK TIME: 10 minutes

NUMBER OF SERVINGS: 12-14 cookies

1 Tablespoon Joseph's Original Sugar-Free Syrup, Maple

1 cup natural peanut butter

1/2 cup brown sugar

1 large egg, beaten

1 teaspoon gluten-free vanilla

Add all ingredients to mixing bowl and combine to form a smooth mixture. Drop by miniature scoop onto cookie sheet. Bake 10-12 minutes.

OPTIONS: Add 1/4 cup dark chocolate chips and/or 1/4 cup chopped walnuts. Try adding 1 Tablespoon ground flax seeds and 1 Tablespoon water to the recipe or use peanut butter with added omega-3 fatty acids (such as Once Again brand).

FAMILY COMMENTS: "We added dark chocolate chips to half the batch", "We liked Joseph's Sugar Free Syrup because it was low in carbs per serving. I substituted 1 Tablespoon syrup for 1/2 cup sugar. My daughter has Celiac Disease and Type I Diabetes."

RECIPE SOURCE: Rebecca's recipe

FOOD COLORS: Brown, yellow, tan, +golden option

3+ FOOD GROUPS: Legumes, sweet, eggs, +nuts, essential fatty acids options