

Quick Peanut Butter Cookies (Gluten Free)

Prep time: 15 minutes

Cook Time: 8 minutes

Servings: 36 servings



Ingredients:

- 1 cup peanut butter
- 1 cup white sugar
- 1 egg
- 1 teaspoon baking soda

Directions:

1. Preheat oven to 325 degrees F.
2. In a medium bowl, mix together the peanut butter, sugar, egg and baking soda until well blended. Roll dough into 1 inch balls, and place on ungreased cookie sheets.
3. Bake for to 8 minutes in the preheated oven. Cool on cookie sheets until set, before transferring to wire racks to cool completely.

****Tip:** Peanut butter contains high levels of Vitamins A, E, folic acid, calcium, magnesium, zinc, iron and fiber. Nuts are loaded with monounsaturated fats (the good fats) which have been linked to lower cholesterol. Just remember, peanut butter is high in fat which means it is high in calories so be sure to eat it in moderation.

Nutrition Information (Per cookie):

Calories: 65 calories
Total Fat: 3.75g
Saturated Fat: 0.8g
Cholesterol: 0mg
Sodium: 34mg
Carbohydrates: 6g
Sugar: 6g
Protein: 2g

Recipe adapted from allrecipes.com; Modified by Haley Deike, MSU Alumni

**Beyond Mac & Cheese · Cheap, Easy, Tasty & Nutritious Recipes for the Busy College Student
Copyright 2014**