



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Peanut Butter Cookies

2g NET Carbs (Low Carb Keto)

Absolutely delicious! Low Carb Keto. Soft and Chewy Peanut Butter Cookies is as good as the traditional Home Made Cookies. Enjoy!



2g Carbs

NUTRITION

Recipe yields approx. 15 cookies.

Per cookie: Serving Size: 1 Cookie

Calories: 120 - Fat: 10 - Carbohydrates: 3 -

Fiber: 1 - Protein: 4

INGREDIENTS

- 4 Egg Yolks
- Natural No Sugar Added Peanut Butter
- Heapng Teaspoon PURE Vanilla Extract
- 1/4 Cup Monkfruit Sweetener
- ¼ Cup (28g) Blanched Almond Flour

Instructions:

1. Pre-heat oven to 350F
2. Separate 4 egg yolks from the whites Add the yolks to a medium sized bowl.
3. Add the rest of the ingredients into that bowl and Mix.
4. Use about 1tbsp of cookie dough per cookie
5. Add to a baking sheet lined with parchment paper.
- 6 Push down on each cookie with a fork to form the cookie.
7. Bake the cookies for 7 minutes Let them cool completely before removing from tray. Enjoy!