

Gluten-Free Peanut Butter Cookies



Peanut butter cookies bring back fond childhood memories and add a nostalgic touch to every bite. I wanted to revisit this comforting recipe with a more nutritious yet equally delicious version.

Preparation 10 min

Cooking 15 min

Servings 18

Nutrition Facts (per serving)

Calories 155

Fat 8

Carbohydrates 15

Fibre 2

Protein 6

Sodium 80

Ingredients

- 2 ripe bananas, mashed
- 1 large egg + 2 egg whites (80 mL (? cup))
- 160 mL (? cup) natural peanut butter
- 60 mL (¼ cup) plain 0% Greek yogurt
- 45 mL (3 tbsp) honey
- 10 mL (2 tsp) vanilla extract

- 30 mL (2 tbsp) camelina seeds (or chia seeds)
- 2.5 mL (½ tsp) baking soda
- 2.5 mL (½ tsp) baking powder
- 1 pinch of salt

Preparation

1. Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. In a large bowl, mix the wet ingredients until well combined.
3. Add the dry ingredients to the wet mixture and stir until the dough is smooth.
4. Using an ice cream scoop, form 18 balls of dough and place them on the prepared baking sheet.
5. With the back of a fork dipped in water (to prevent sticking), gently flatten each ball.
6. Bake for 15 minutes or until the cookies are lightly golden. Allow to cool on the baking sheet before enjoying.

Notes

These cookies will keep for up to 7 days in an airtight container in the refrigerator or 3 months in the freezer.



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