

Recipe from Diabetes Connection Group This is a dessert that would be great for cook outs and is featured in the Diabetes Forecast.



Picnic Peanut Butter Cookies

- Preparation Time: 20 minutes
- Cooking Time: 10 minutes

Ingredients

Parchment paper
2/3 cup brown sugar
1/4 cup sugar-stevia blend
3 Tbsp. butter
2 1/2 Tbsp. light butter
1/3 cup crunchy unsalted peanut butter
2 tsp. pure vanilla
1 egg
3 Tbsp. water
1 3/4 cups all-purpose flour
3/4 tsp. baking soda
1/2 tsp. kosher salt

Directions

1. Preheat the oven to 350 degrees. Line 2 baking sheets with parchment paper.
2. In a medium bowl, combine the brown sugar, sugar-stevia blend, butters, and peanut butter until smooth. Add the vanilla, egg, and water. Beat until combined.
3. In another bowl, combine the flour, baking soda, and salt. Stir the flour mixture into the peanut butter mixture in several batches.
4. Shape the dough into 1-inch balls and place them on the prepared baking sheets, leaving a 2-inch space between cookies. Dip a fork in water and use it to flatten the cookies, making a crisscross pattern.
5. Bake the cookies for 8 to 10 minutes, until just set. Remove the cookies from the oven and cool them on the baking sheets for 2 minutes. Remove the cookies from the baking sheets and let them cool completely on wire racks.