

# Healthy Peanut Butter Chocolate Chip Cookies

How delicious! A great way for children to have a healthier sugar option whilst thinking they are having something naughty. These cookies combine peanut butter's great source of healthy fats and protein, as well as honey's natural sugars.

## Ingredients

- 1 cup - peanut butter, all-natural
- 1 cup - honey
- 1 large - egg
- 1  $\frac{1}{2}$  teaspoon - vanilla extract
- $\frac{1}{2}$  teaspoon - salt
- $\frac{1}{2}$  teaspoon - baking soda
- 2 cup - flour, whole wheat
- $\frac{3}{4}$  cup - chocolate chips, dark



## Method

1. Preheat oven to 350 degrees and line a baking sheet with parchment or a baking mat.
  2. In a large bowl or the bowl of your stand mixer combine the peanut butter and honey and beat until well incorporated. Stir in egg and vanilla. Add the salt, soda and flour and mix until it comes together to form a dough. Shape dough into small balls (about 1 tablespoon of dough each) and place on the prepared sheet. Use fork to lightly press each dough ball down. Press a few chocolate chips on the top of each dough cookie.
  3. Bake for 10-12 minutes until cookies become slightly golden brown. (Note: Be careful to not over bake! Honey burns much more easily than sugar.)
  4. Remove from the oven and place the cookies on a wire rack to cool.
- Notes: You can stir the chocolate chips into the dough like traditional chocolate chip cookies but I always think they look extra pretty when I press them on the top.

Makes 2  $\frac{1}{2}$  dozen cookies.