

DESTINATION DESERT

RECIPE CARD

KETO PB Cookies

INGREDIENTS:

1 c. PB (Smuckers

Natural or Laura

Saunders Best -

creamy or chunky)

¼ tsp salt

dash vanilla

1/2 c. Real honey

1-2 Tbsp Brown Sugar

2 Tbsp Ground Flax

Seed

1 Egg

DIRECTIONS:

Mix all ingredients together

Spoon mixture onto parchment paper

Add a couple dark choc chips to each

cookie if desired

Bake: 350 10-12 min

Enjoy!

Andy & Sarah

