

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Peanut Butter Cookies

Gluten and dairy-free, honey sweetened, crisp & chewy

Makes 12-14—2 ½ -inch cookies

- 1 cup “natural” peanut butter, creamy, roasted and salted (stir well before measuring)
- ½ cup light, local honey (i.e., clover honey)
- ¼ cup unsweetened applesauce
- 1 teaspoon pure vanilla extract
- 1 cup brown rice flour
- 1 ½ teaspoons baking soda

Preheat the oven to 350 degrees. Line a cookie sheet with baking parchment, or lightly spray with vegetable oil spray. (Note: For even top and bottom browning, I use and recommend cookie sheets that have air between them, or two identical cookie sheets sitting on top of one another so there is air between the two pans. This also increases the baking time, which is the reason these cookies bake for so long. With just one pan, check them after 13 minutes.)

Using a food processor or an electric mixer, mix the peanut butter, honey, applesauce and vanilla until combined. Sift the flour and baking soda over the peanut butter mixture. Use the pulse button (or the mixer on low) to incorporate the flour, scraping the bottom of the work bowl as necessary.

Use a 1-ounce (2 tablespoon) ice cream scoop to form cookie balls, placing the flat side on the prepared baking pan, about 2 inches apart from one another. Flatten the cookies with the palm of your hand until about 1/3-inch thick. Use a fork to press the “traditional” crisscross pattern into each cookie. Wiping the fork with a damp cloth will keep it from sticking to the cookies.

Bake one double-pan or air-pan at a time. Bake for 10 minutes; then turn the pan 180 degrees. Bake for another 10 minutes. Remove the pan from the oven. The cookies should be lightly browned. They will get crisper as they cool though the centers will remain chewy.

Variations: try substituting orange marmalade (made without refined white sugar) for a subtle and delicious taste. Or add 1/3 cup chocolate chips for a not-so-subtle and delicious taste.

