



Cookies!

# Quick and Easy Peanut Butter Cookies

No Flour

Some have no sugar ...

What are you waiting for?

The original 3-ingredient Peanut Butter cookie is absolutely fabulous! But then I wanted a savoury version ... so I added Bovril and grated Cheddar cheese ...but the sugar .. So the next batch I left out the sugar ... it was delicious!

Then I thought ... what about oats ... and it worked perfectly!

Basically using 1 cup peanut butter ... and 1 cup (sugar / cheese / oats) and 1 large egg will do the trick.

Play around with spices – use less white sugar. (If you use brown sugar, the cookie will be softer.)

# 3 ingredient peanut butter cookies

1 cup peanut butter (smooth)  
1 large egg

$\frac{1}{2}$  cup – 1 cup white sugar

Preheat oven to 180 oC. Mix the ingredients together, roll in small balls and place on greased baking sheet. Press down with fork. Bake for 10 minutes. Let cool for 2 minutes and let it cool down completely on wire rack.



Recipe: <https://www.allrecipes.com/recipe/11352/three-ingredient-peanut-butter-cookies/>

# *Peanut butter, coffee & cinnamon cookies*

1 ½ cup peanut butter (smooth)

2 large eggs

¾ cup white sugar

10 teaspoons decaf instant coffee granules

1 teaspoon Allspice (Mixed spices)

2 teaspoons Cinnamon powder

1 cup desiccated coconut

Preheat oven to 180 oC. Mix the ingredients together, roll in small balls and place on greased baking sheet. Press down with fork. Bake for 15 minutes. Let cool for 10 minutes on baking sheet and let it cool down completely on wire rack.



# *Peanut butter ginger cookies*

1 cup peanut butter (smooth)  
1 large egg

½ cup – 1 cup white sugar  
2 teaspoons ground ginger

Preheat oven to 180 oC. Mix the ingredients together, roll in small balls and place on greased baking sheet. Press down with fork. Bake for 15 minutes. Let cool for 10 minutes on baking sheet. Remove carefully and cool down on wire rack. (You can keep it in sealed container in fridge.)



# *Peanut butter Thai cookies*

1 cup smooth peanut butter  
1 large egg  
5 teaspoons dried lemongrass

$\frac{3}{4}$  cup white sugar  
5 teaspoons Harissa paste

Preheat oven to 180oC. Stir the peanut butter, sugar, Harissa, lemongrass and egg together. Form small balls, put on greased baking sheet. Lightly press with fork onto each cookie. Bake for 15 minutes. Let cool for 10 minutes on baking sheet. Remove carefully and cool down on wire rack. (You can keep it in sealed container in fridge.)

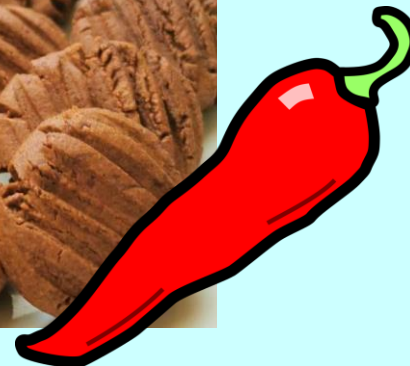


# *Peanut butter, cacao & chilli cookies*

1 cup peanut butter (smooth)  
1 large egg  
1 cup white sugar

1 tsp vanilla  
2 teaspoons Cayenne Pepper  
10 teaspoons cacao / dark cacao powder

Preheat oven to 180 oC. Mix the ingredients together, roll in small balls and place on greased baking sheet. Press down with fork. Bake for 15 minutes. Let cool for 10 minutes on baking sheet. Remove carefully and cool down on wire rack. (You can keep it in sealed container in fridge.)



# peanut butter, banana & oats cookies

1 cup peanut butter (smooth)

1 large egg

1 banana, mashed (about 86g without the peel)

1 tsp vanilla

½ c raw oats

Preheat oven to 180 oC. Mix the ingredients together, roll in small balls and place on greased baking sheet. Press down with fork. Bake for 15 minutes. Let cool for 10 minutes on baking sheet. Remove and let it cool down completely on wire rack.





# *Peanut butter, oats & date cookies*

1 cup smooth peanut butter (smooth)  
1 large egg

1 cup raw oats  
Soft dried dates

Preheat oven to 180oC. Spray baking sheet. Stir the peanut butter, oats and egg together. Form small balls, put on baking sheet. Lightly press a date onto each cookie. Bake for 15 minutes. Let cool for 10 minutes on baking sheet. Remove carefully and cool down on wire rack. (You can keep it in sealed container in fridge.)



Recipe: Alma Pretorius

# *Peanut Butter, paprika and cheese cookies*

1 cup peanut butter (smooth)  
1 large egg  
1 teaspoon Harissa paste (optional)  
Pinch of salt

1 cup grated cheddar cheese  
2 teaspoons German mustard  
1 teaspoon ground paprika powder

Preheat oven to 180 oC. Mix the ingredients together, roll in small balls and place on greased baking sheet. Press down with fork. Bake for 15 minutes. Let cool for 10 minutes on tray, remove and let it cool down completely on wire rack.



Recipe: Alma Pretorius

# *Peanut Butter, Bovril and cheese cookies*

1 cup peanut butter (smooth)  
1 large egg

1 cup grated cheese\*  
2 teaspoons Bovril/marmite

Preheat oven to 180 oC. Mix the ingredients together, roll in small balls and place on greased baking sheet. Press down with fork. Bake for 15 minutes. Let cool for 10 minutes on baking sheet. Remove carefully and cool down on wire rack. (You can keep it in sealed container in fridge.)

\*Try using a Mature Cheddar / Blue Cheese / Parmesan powder

