

Almond Butter Cookies

CAL: 123 PROTEIN: 3 CARBS: 12 FIBRE: 1 FAT: 7



Almond Butter Cookies



SERVES:
20



TIME:
20 minutes



INSTRUCTIONS

Preheat oven to 175°C/350°F/Gas 4. Line a baking tray with baking paper.

Mix almond butter, sugar, and egg together in a bowl and use an electric mixer until smooth and creamy. Roll mixture into small balls and arrange on the baking tray. Flatten each with a fork, making a criss-cross pattern. (there should be enough for 20 small cookies)

Bake for 10 minutes, then allow the cookies to cool 2 minutes before moving to a plate.

INGREDIENTS

240g almond butter
200g coconut sugar
1 egg

MACROS

Calories: 123
Protein: 3
Carbs: 12
Fat: 7
Fibre: 1