



## Low Carb Peanut Butter Protein Cookies

Courtesy of Anna Sward @ Proteinpow.com

### Ingredients

- 2 tbsp of peanut butter (smooth or crunchy, up to you)
- 1/2 cup of almond flour (aka ground almonds)
- 1/4 cup of vanilla pea protein powder
- 1/4 cup of liquid egg whites
- 1/2 tsp of toffee stevia or your sweetener of choice
- 1/2 tsp of butterscotch flavoring



### Directions

1. Blend all the ingredients together until you get a batter that's similar to dough.
2. Divide your "dough" into four balls and press them with your hands onto a baking tray.
3. If you want to decorate or add a design to your cookies like I did, stamp them before baking. I used this stamp.
4. Bake your cookies at 160 C (320 F) for about 25-30 minutes, or until they feel cooked to the touch. If you're a fan of a soft center, you can under bake them a bit. If you prefer that extra crunch, cook them a while longer.

### Nutrition Facts

Recipe yields 4 servings

Calories: 158

Total Fat: 10 g

Total Carbs: 3 g (1g is fiber)

Protein 14 g