



PEANUT BUTTER BLOSSOM COOKIES

(Vegan friendly)

By Dr. Cindy Tanzar
(Special Occasions)

These soft, chewy peanut butter cookies are a delicious vegan-friendly treat that's perfect for holidays or special occasions. Sweetened without sugar and optionally topped with melted dark chocolate, they're rich, satisfying, and low in carbs—just the kind of indulgence that fits into a mindful maintenance plan.

Makes 12 cookies.



INGREDIENTS

1/2 cup all-natural creamy peanut butter (or nut butter of choice),
do not use No-Stir
2/3 cup almond flour
3 Tbsp Swerve Confectioners



1/8 tsp. Pink Himalayan salt

1/8 tsp. baking soda

1-2 Tbsp unsweetened almond milk (may need more depending on
your peanut butter)

Lily's dark chocolate chips, optional

INSTRUCTIONS

Preheat oven to 325°F.

Place peanut butter into a large bowl. If it isn't somewhat runny, heat slightly and mix well.

Stir in almond flour, Swerve confectioners, salt and baking soda. Mix well, then add almond milk to form a dough.

Roll dough into balls (slightly larger than a golf ball), then press a fork lightly into the dough in a crisscross pattern (see picture).

Bake 10 minutes. Will be very soft. Let cool completely on the rack to firm.

Add Lily's chocolate chips to the hot cookies on the rack, allowing them to melt, then lightly swirl the chocolate to coat the cookie.