

PEANUT BUTTER COOKIES (VEGAN)  
HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**25 cookies**

Ingredients	Qty	Measure
Sweetened Applesauce	7	Oz.
Smooth Peanut Butter	12	Oz.
Shortening	6	Oz.
Brown Sugar	10	Oz.
Vanilla flavor	1	Tbsp.
All-Purpose	7	Oz.
Whole Wheat Flour	7	Oz.
Baking Soda	2	tsp
Salt	½	tsp

**Preparation**

1. Cream applesauce, peanut butter, shortening, brown sugar and vanilla. Set aside.
2. In a separate bowl mix all-purpose flour, whole wheat flour, baking soda and salt.
3. Add the dry ingredients to the wet. Mix until all dry ingredients are wet.
4. Bake 350 in a convection oven with a fan for 8-10 minutes or lightly browned.

**Nutrition Information** \*From USDA Nutrient Database

**Calories: 235 Total Fat: 11g (42% calories from total fat) Saturated Fat: 3g (9% calories from saturated fat) Monounsaturated Fat: 6g Polyunsaturated Fat: 4g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 25g Fiber- 2g Total Sugar-11g Protein: 5g Sodium: 199mg  
Vitamin A: 0µg RAE Vitamin C: 1mg Calcium: 18mg Iron: 1mg Folate: 37µg**