

Peanut Butter Cookies



Recipe developed by Paige Vondran

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This recipe is designed to be used by patients who are followed by The Children's Hospital of Philadelphia's Division of Neurology Ketogenic Diet Program.

Ingredients

Heavy cream	none	exchange
Protein	5.5g almond flour	1.2
	8.8g Skippy® Natural Peanut Butter, creamy	1.8
Fat	10.5g whole egg	0.7 g
	7.7g butter, melted	2.45 (-4.6g fat)
Carbohydrate	2.8g mayonnaise	0.55
	1.4g all-purpose flour	1.3
Other	1 pinch baking soda	
	5 drops liquid stevia	

Directions

- Preheat the oven to 350°F.
- Weigh melted butter on gram scale.
- Stir in the mayonnaise and peanut butter into the butter.
- Mix in the almond flour and all-purpose flour.
- Add the egg and mix thoroughly, then add in the baking soda and stevia.
- Place cookie dough on a baking sheet with parchment paper. Bake for 15 minutes or until firm.

Variations

You can adjust the sweetness of the cookie depending on your child's personal taste.