

Cassava Flour Peanut Butter Chocolate Chip Cookies

Swick

Makes 14 to 18 cookies | Active Time: 20 minutes | Total Time: 40 minutes

- 1/2 cup (113 gr) plant-based butter (or refined coconut oil), room temperature.
- 1/2 cup (105 gr) sweetener*
- 2 tsp vanilla extract
- 1/2 cup (125 gr) peanut butter
- 3/4 cup cassava flour
- 1/4 cup coconut flour*
- 1 tsp baking soda
- 1 tsp fleur de sel
- 1/2 cup dark chocolate chips

To start, preheat the oven to 350°F (175°C).

To make the cookies, using a wooden spoon or spatula, mix together the wet ingredients — butter, sweetener, vanilla, and peanut butter.

For the sweetener, many types of sweeteners can be used — for keto-friendly cookies we have used both Lakanto granular sugar and maple syrup. Note that larger grains of cane sugar doesn't seem to melt very well in these cookies — so if using, you may want to pulse the sugar in a food processor a few times to finely grind it.

Next, in a separate bowl, whisk together the dry ingredients and then fold them into the wet ingredients. Note: Instead of coconut flour, almond flour or straight cassava flour can also be used but note that it will change the texture of the cookies slightly.

For the salt, note that if your peanut butter contains salt, you will want to decrease the amount of salt by about half. Fleur de sel adds a really nice slightly salty contrast to the sweetness of the cookies.

Lastly, add the chocolate chips. If making these cookies keto-friendly, use a sugar-free chocolate chip.

To bake the cookies, portion them as you like and then place them onto a parchment-lined baking tray. Note that the cookies will spread out a bit, but not a lot during baking. Bake the cookies for approximately 10 minutes (longer is baking from frozen) or until they looked like they are set and have turned a light golden color.

Allow the cookies to cool completely (20 to 30 minutes) on the baking tray before trying to pick them up.